

HAPPY THANKSGIVING!

**Let's talk turkey!**

**LOOK FOR THE HAND.**

**Order your Thanksgiving Dinner online. See back page for details.**



# The Shuttle

November 2014 Vol. 42 No. 12

## Community-Owned Food Markets Open to Everyone

## Board Corner

## An Exciting Time to Get On Board

**by Laura Morris Siena,  
Weavers Way Board of Directors**

**H**AVE YOU EVER THOUGHT OF RUNNING for Weavers Way's Board of Directors? Now would be a great time to explore this opportunity and decide if you are interested in pursuing a spot.

It's a particularly exciting time to be on Weavers Way's Board. There is so much going on right now: The Co-op is actively engaged in market research in anticipation of opening a third store, we are taking a leadership role in helping a record number of startup food cooperatives in our region and we are enjoying record sales and profits. And if that's not enough, we are an integral part of the International Co-operative Alliance's Blueprint for a Co-operative Decade!

If the growth trajectory we are on continues — and there is no reason to believe it won't — we will be a more than \$20 million-a-year business at the end of our current fiscal year. That's quadruple where we were a decade ago.

As Weavers Way Board members, we provide essential leadership to this

growing and vital effort to expand the cooperative economic model, promote the values Weavers Way stands for and provide healthy food options for Philadelphia residents.

The Board of Directors of Weavers Way operates using the Policy Governance model. Under this model of leadership, the Board uses very little of its time making operational decisions. We do NOT get involved in telling the produce manager where to put the apples! Rather, the Board focuses on the strategic direction of the cooperative, engaging with members and evaluating management performance.

Being an effective Board member requires a real commitment of time and talent, and we are actively looking for people who are willing and ready to make that commitment. Members who are interested in running for the Board must be:

- Weavers Way members in good standing at least 18 years old.
- Able to participate in Board meetings (usually held the first Tuesday of the

(Continued on Page 26)

# Pumpkins to Spare



What with Harvest on Henry at Saul High School, Oktoberfest at the Chestnut Hill store, the Farm to Table Dinner at Awbury Arboretum and the Urban Farm Bike Ride all over Philly, we take fall's bounty pretty seriously around the Co-op. See more pictures on Pages 4-5 and 10-11 and share, or relive, all the fun!

*Eleanor Seif photo*

## New Co-op Controller Matches Career with Interests

by Ted Barbato, for the Shuttle

**F**OR NANCY PONTONE, THE JOURNEY TO HER NEW POSITION as Weavers Way controller began years earlier, when she decided to find a way to merge a successful career in corporate auditing and finance with her own personal interests.

Pontone, a resident of East Falls, had spent 20 years with PNC Bank. But after volunteering to serve as treasurer of the Friends of the Falls of Schuylkill Free Library branch in her neighborhood, she decided to move full-time into nonprofits.

“It was a conscious decision,” she said. “I wanted to get away from the for-profit world, especially the world of banking.

and do something more interesting. I have always had an interest in the arts, gardening, architecture. I wanted to do something that was more suited to my outside interests.”

So in 2002, Pontone left PNC to for a job as controller for the Pennsylvania Academy of Fine Arts. Nine years later she moved on to another nonprofit, the Urban Affairs Coalition.

During that entire time she was a member of Weavers Way.

“I’ve been a member since 2000, shortly after I moved to Philadelphia from Northeast Pennsylvania,” she said. “So I’ve been involved, I’ve watched what’s gone on here for almost 15

(Continued on Page 26)

# INSIDE

What's in Store. . . . .	3	Health and Wellness Committee . . . . .	19
Harvest on Henry Photos. . . . .	4-5	Enviroment Committee . . . . .	16-17
General Manager's Corner . . . . .	6	Suggestions . . . . .	21-22
Letters to the Editor. . . . .	6-7	Weavers Way Calendar . . . . .	23
Farm to Table Dinner Photos. . . . .	10	Co-op Specials . . . . .	24
Urban Farm Bike Ride Photos . . . . .	11	Food Justice Committee . . . . .	25
Weavers Way Community Programs . . . . .	12	Membership Corner . . . . .	26
The Passionate Gardener. . . . .	13	Staff Celebrity Spotlight . . . . .	27

WEAVERS WAY COOPERATIVE ASSOCIATION  
559 CARPENTER LANE, PHILADELPHIA, PA 19119  
WWW.WEAVERSWAY.COOP  
CHANGE SERVICE REQUESTED



Editor’s Note



by Mary Sweeten, Editor  
Weavers Way Shuttle

HEY, WE WON AN AWARD!

The Pennsylvania Horticultural Society is giving Weavers Way and Saul High School its Certificate of Merit on Nov. 12.

The Certificate of Merit is “for devotion to achieving the goals of PHS,” and the feeling is mutual. PHS has been a long-time supporter of all the agriculture-related things we do here at Weavers Way. We helped PHS get the City Harvest Growers Alliance off the ground and we and Saul and PHS share a greenhouse at Saul. Their current project with Saul is developing a fruit and nut orchard, but the relationship goes way back — Saul has exhibited at the Flower Show for more than 40 years.

Glenn and Nina get to make remarks about how terrific the Co-op’s partnership with Saul is. (Then there’s a reception at PHS’s spiffy new office space.) If you went to Harvest on Henry last month (see the pictures on Page 4-5), you can understand how special this relationship is. This is real farm learning, right here in the city, and those are real high-school students, wrangling lambs and pigs for the little kids, scooping homemade ice cream and running the pumpkin bowling.

The Fall General Membership Meeting was last month, at First United Methodist Church of Germantown, but unfortunately too late to get anything useful into the Shuttle. We have some pictures on Page 26, and we’ll have more photos, plus coverage, next month.

msweeten@weaversway.coop

The Shuttle is published by  
Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthy food and other matters of interest to Weavers Way members as consumers and citizens.

Weavers Way members are welcome to submit articles or Letters to the Editor. Editorial copy is due the 10th of the month before publication, e.g. Dec. 10 for January. Articles should be 500 words or less; letters should be 200 words or less. Articles express the views of the writers and not those of the Co-op or its Board, unless identified as such. No anonymous material will be published, and all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or Letter to the Editor. Submit to editor@weaversway.coop.

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January.

Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 117. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

Weavers Way Board

The Weavers Way Board of Directors represents member-owners’ interests in the operation of the stores and the broader vision of the Co-op.

For more information about board governance and policies, visit www.weaversway.coop. Board members’ email addresses are at www.weaversway.coop/board-directors, or contact the Board administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

2014-2015 Weavers Way Board

Jeremy Thomas, President  
Chris Hill, Vice-President  
Laura Morris Siena, Secretary  
Stu Katz, Treasurer  
Joshua Bloom  
Megan Seitz Clinton  
Larry Daniels  
Nathea Lee

Lisa Hogan  
Margaret Lenzi  
Linda Shein



The Shuttle is printed  
on 100% recycled paper.

What’s in Store at Weavers Way

What’s That Thing Next to the Yams, Anyway?

Thanksgiving’s the Time  
For Side Dishes to Shine

by Jean MacKenzie, Weavers Way Mt. Airy  
Produce Manager

IN THE RETAIL WORLD, AS CHRISTMAS IS TO TOYS, THANKSGIVING is to food. Maybe more so, since plenty of people don’t celebrate Christmas (or they celebrate without toys). But almost everyone in America celebrates Thanksgiving with a nearly identical special meal featuring a few very specific foods that your co-op better have in stock.

How well I remember the year I had trouble getting Brussels sprouts. Because after the turkey — which, thank heavens, I am NOT responsible for ordering — it’s all about the vegetables. For weeks I’ve been scanning weather patterns and market reports to see if we’re going to encounter any shortages this year.



Your Vegan or Vegetarian  
Thanksgiving

Vegans and vegetarians can overeat on Thanksgiving Day as easily as carnivores.

However, since they’re not consuming all that tryptophan and animal fat, they’re a lot less likely to fall asleep in front of the football game, and more likely to be awake and available for post-meal cleanup. For this reason, I strongly recommend inviting a few vegans and vegetarians even if — especially if — you’re not one yourself.

So, what to serve your vegans and vegetarians? Personally, I could make a meal out of mashed Yukon Gold potatoes or sweet potatoes. But you may want to concentrate on recipes that include winter squash, chopped walnuts and Portobello mushrooms to provide entrees. Side dishes can be easily adapted to be vegan with the substitutions of almond milk for milk or cream, and Earth Balance for butter.

On a recent camping trip, a friend made an awesome hash from Brussels sprouts, sweet potatoes and red onions, roasted with olive oil, which I plan to replicate at this year’s meal.

Cheese of the Month

Consider a Merrie Olde Cheese Board with That Feast

by Margie Felton, Weavers Way  
Mt. Airy Deli Manager

THIS NOVEMBER, THE MONTH OF Thanksgiving, I thought we should commemorate England, the land the Pilgrims were fleeing, by featuring English cheeses. The English had a role, not always positive, in many of us being here today. People left England for religious freedom, were brought here as slaves from Africa on English ships or crossed the ocean seeking adventure and wealth. My own family came from Germany during the Revolutionary War — they were hired by England to fight against the colonists. Many of these Hessian mercenaries elected to stay and farm the lush soil of central Pennsylvania. My family still farms there and that is where I travel each November, literally over the river (Susquehanna) and through the woods.

No matter what their family history, most Americans stuff their ovens on the last Thursday in November with a turkey (or Tofurkey) and sit down with friends and family to give thanks for the good things in life and continue the Thanksgiving tradition.

But back to the cheese, one of England’s great contributions to this country. England is best known for its Cheddars, which pair wonderfully with crisp fall

apples, and crumbly blue Stilton, which is perfect with pears. English cheeses tend to be sharp and flavorful, which I am drawn to as the weather gets colder. I crave comforting grilled cheese made with decadent Cotswold or mac and cheese that must include Cheddar.

At Weavers Way, we stock many great English cheeses.

**Westminster Cheddar.** First created 500 years ago in the village of Cheddar, it is made from the milk of grass-fed cows using vegetable rennet and aged over 15 months. It contains no growth hormones.

**Barber’s 1833 Cheddar** (Chestnut Hill only). From the oldest cheese-making family in England, this Cheddar is made 13 miles from the village of Cheddar, with vegetarian rennet.

**Quickes Traditional Cheddar** (Chestnut Hill only). This is a hand-made, cloth-bound Cheddar made from the milk of pastured cows. It contains animal rennet.

**Long Clawson Cotswold.** This is a Double Gloucester with onions and chives. Double Gloucester is similar to Cheddar but softer and creamier. This popular English cheese is made from the milk of Gloucester cows and originates from the city of Gloucester. Contains vegetarian rennet.

Brussels Sprouts-Sweet Potato Hash

Our friend Anjeanette Milner cooked this over the campfire on a recent camping trip, and it was delicious! This recipe serves 3-4.

- 2 tbs. olive oil
- 1/2 red onion, diced
- 1 sweet potato, peeled and cut into 1/2-inch cubes
- 2 garlic cloves, minced
- 10-12 Brussels sprouts, stems removed, sliced
- Salt and pepper to taste

Heat a large skillet over medium heat and add olive oil. Add onion and sweet potato, tossing to coat. Cook until sweet potato has softened, about 6-8 minutes, then stir in garlic and cook for 30 seconds. Add sliced Brussels sprouts and stir to combine, cooking them until soft and caramely, another 5 minutes or so.

I make twice-baked Delicata squash boats using Yukons mashed with a touch of maple syrup and cumin and topped with caramelized walnuts.

All Together Now

Here’s my favorite Thanksgiving song. My kids learned it years ago at Oak Lane School from the gifted music teacher Marlis Kraft. It’s a round, and if you want to learn the tune, there’s a good chance I’ll sing it for you if you ask me in the Mt. Airy store, at least until the rest of the staff rush to stop me.

Turkeys United

We gather together as birds of a feather,  
Oh, Turkeys United we stand.

If you would be thinner, skip Thanksgiving dinner,  
We turkeys think that would be grand.

Why don’t you try it? Go on a diet,  
Munch on some succulent carrots and peas.

Why don’t you try it? Go on a diet —  
Order a pizza with spinach and cheese.

Turkeys United — no people invited.  
Turkeys United — no people please.

mackenzie@weaversway.coop

**Long Clawson Stilton.** Probably the best known of all English cheeses, Stilton has a pungent odor and strong but pleasant taste. It is produced from the milk of grass-fed cows by the cooperative of farmers whose families founded the Long Clawson Dairy in 1911. Contains vegetarian rennet.

**Long Clawson Huntsman.** This is a must-have on any holiday cheese platter since it is delicious AND beautiful, with perfect layers of Stilton and Double Gloucester. Two of the best English cheeses in one.

**Long Clawson White Stilton with Fruit.** This cheese is made the same way as blue Stilton, but without the blue mold. It works very well with the addition of fruit and for November we will feature **White Stilton with Cranberries.**

**Goat Cheddar with Figs and Honey.** Our newest English cheese, this has both the sharpness of Cheddar and the tanginess of goat cheese. With the addition of sweet figs and honey, you have a wonderful and different holiday treat.

On sale this month: \$1 off  
**Huntsman, White Stilton with Cranberries and Goat Cheddar with Figs and Honey.**

margie@weaversway.coop







## What's in Store at Weavers Way

### New on the Shelves

# Across the Way's Got the Goods to Get You Better

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

**F**EELING GOOD? GLAD TO HEAR IT. Want to feel better? Gotcha. Weavers Way Across the Way in Mt. Airy has brought in some new supplements that should help get us through the rest of fall, winter and beyond.

For allergy sufferers, ATW buyer April Pedrick has brought in remedies from **Country Life** and **Gaia**. **Aller-Max**, from Country Life, combines natural histamine fighters into one formula to tamp down symptoms. Gaia's **Turmeric Supreme: Allergy** does much the same, using herbs to soothe discomfort.

Country Life has also introduced **Circulation Factors**, which blends traditional ingredients to help the circulatory system, and **Malic Relief Formula**, a supplement that uses magnesium and malic acid, among other ingredients, to support muscle function.

To get the edge on your sweet tooth, look to **Cinnamon Glucose Balance** from **Planetary Herbals**. It contains botanicals to help keep blood sugar levels within the normal range, maintain insulin function and provide antioxidant defense.

Love your liver? Gaia has come out with **Liver Cleanse**, which employs milk thistle seed and various roots to help that important organ do its many tasks more efficiently. By the way, liver herbs are also said to help you digest heavier holiday and cold-weather foods.

To shore up your immune system, ATW now offers **red thyme essential oil**. It has anti-viral properties that clear the air via a few drops on the stovetop or in a nebulizer. It can also be added to witch hazel or water for a hand or surface spray. And **Rainbow Light** has come out with **Mushroom Therapy Blend**, which synthesizes the immune properties of several varieties of medicinal mushrooms. (According to April, mushrooms work best when allowed to build up in the system over time.)

For more information on herbs, be sure to check out the final Weavers Way **Eating with Body in Mind** workshop: "Teas, Herbs and Sauces" happens at 7 p.m. Nov. 13 at Summit Church, Greene and Westview.

### Elsewhere at the Co-op

**Mt. Airy & Chestnut Hill Grocery:** The theme here could be "New & Unusu-

## Five Things

A SERVICE OF WEAVERS WAY

Because there's nothing that can't be improved with something you got at the Co-op!

### FOR YOUR VEGAN THANKSGIVING

Nothing should be off the table for anyone at the Thanksgiving table. These items from the Co-op assure that those plant-ivores in your life can experience the same wonderful carb-haze that we'll all need to survive the Eagles-Cowboys game.

- 1. TOFURKY FEAST.** The jewel in the crown in this box of vegan magic is the Tofurky roast, and we have to say it's actually pretty good. Comes with built-in wild rice and whole-wheat breadcrumb stuffing, gravy packet, vegan fudge brownie and for fun, Tofurky® Jurky Wishstix. You'll be wishing there were leftovers.
- 2. GROWN RIGHT ORGANIC CRANBERRY SAUCE.** A can or two of this can be your best friend at T-minus dinner, when the pumpkin pie forgot to pull itself out of the oven. Toss a can into a baking dish with some apple slices and top it with some refrigerated pie dough and bake 'til it bubbles. Now you've got yourself a cobbler.
- 3. EARTH BALANCE ORGANIC COCONUT SPREAD.** Use it like butter. Not only vegan, but also lactose-free, gluten-free, USDA Certified Organic, Non-GMO Project Verified and soy-free. And it tastes great! (CH only)
- 4. DANDIE'S VEGAN MARSHMALLOWS.** Top your nonny's famous sweet potatoes with these babies and the carnivores in your life won't know what they're missing. (And yes, meat eaters, regular marshmallows do count.) Organic, gelatin-free, gluten-free and kosher.
- 5. VEGETABLES.** We'd be remiss if we didn't remind you that every veggie under the sun is vegan. Head straight to the Produce Department and have at it. 100% Norman-approved.

al Snacks to Try." In the Hill, the main dairy case is now home to **Blue Hill** yogurt, featuring . . . veggies! They're low-fat and low-sugar, and come in carrot, beet and tomato flavors. Methinks they'd make tasty salad dressings, too.

In the Mt. Airy packaged candy/gum section under the stairs, you can now find **Epic** grass-fed protein bars with actual meat! Varieties include beef habanero cherry, turkey almond cranberry and bison bacon cranberry. I tried the turkey — 'tis the season — and . . . it kind of reminded me of spongy turkey jerky.

Speaking of seasonal items, if you've been shopping the Co-op for a fall or two you know about, well, the donuts. Apple cider ones, from **Solebury Orchards** near New Hope. They come in Thursday afternoons in cute little white waxed-paper bags.

If you want them, don't wait 'til Friday. 'Nuff said.

*kplourde@weaversway.coop*

## Does a Pig Forage in the Woods?

by Stephanie Kane, Weavers Way Local Products Coordinator

**N**OLAN THEVENET LEARNED HOW TO raise pigs the way any millennial would — he looked on Google.

He grew up in the mountainous countryside near Saylorsburg, PA — but not as a farmer. After attending a local college, he transferred to Drexel to get a taste of the city. But he missed the outdoors, and returned to his mother's 47 acres in Monroe County, announcing he wanted to be a farmer. (She was not amused, at least at first.)

In his early 20s and knowing nothing about farming, Thevenet looked at the



Stephanie Kane photo

OK, the piglets don't forage — they stay penned up until they're big enough to fend for themselves.

wooded property and decided a few pigs and goats made sense. Pigs are foraging animals by nature, and heritage breeds like the ones he now raises — Tamworth and Yorkshire — are particularly well suited for it. Your typical big pink pig would not do well at Stryker Farm, which is what Thevenet decided to call the place, after his grandmother.

Starting with six pigs and three  
(Continued on Page 25)



**English Cheeses**  
**Long Clawson Huntsman**  
**Long Clawson White Stilton with Cranberries**  
**Goat Cheddar with Figs and Honey**  
**\$1 off**





# HARVEST ON HENRY



ANOTHER HARVEST ON HENRY IS IN THE APPLE bin, and what a day Saturday, Oct. 18, was, with beautiful weather, terrific live music, cows and sheep and pigs, oh my, and kids, kids, kids — the little ones enjoying games, food and hayrides, and the big ones — Saul High School students — helping run the show.

The cow plopped on Ana McDevitt’s square, making her the winner of the sold-out Cow Plop Bingo 50/50. And Ana is only 2 years old! And of the dozens of entries in the Pie Baking Contest, these were the most delicious, according to our celebrity judges:

**Fruit**

- 1st: Ann Nozica — Mixed Berry Crumble
- 2nd: Beige Berryman — Apple Cranberry
- 3rd: Valerie Metzler — Blueberry

**Other**

- 1st: Georgia Kirkpatrick — Black Bottom Pie
- 2nd: Kim Bell — Peanut Butter Chocolate
- 3rd: Dorothy Bauer — Raw Chocolate Mousse

The Saul student winner was Liz Marie Santiago and her champion Apple Crumb Pie

We took in about \$6,200, which, with \$7,000 from our generous sponsors, means we raised more than \$13,000 for Weavers Way and Saul farm operations!

Photos by Eleanor Seif.



## WoodmereArtMuseum

TELLING THE STORY OF PHILADELPHIA’S ART AND ARTISTS



Morning Tide — Coast of Cornwall, c. 1920, by Walter Elmer Schofield

## SCHOFIELD INTERNATIONAL IMPRESSIONIST

on view now through January 25, 2015

**ALSO ON VIEW AT WOODMERE**

Theresa Bernstein: A Century in Art  
Selections from the Charles Knox Smith Collection

9201 Germantown Ave., Phila. • 215-247-0476  
woodmereartmuseum.org



Thursday, November 6, 2014 ★ 6:30 pm - 8:30 pm  
The Brossman Center at  
The Lutheran Theological Seminary at Philadelphia

Cookin’ with Who? benefits Awbury Arboretum, East Mt. Airy Neighbors (EMAN), and The Lutheran Theological Seminary at Philadelphia (LTSP). Ten “Community Chefs” are competing for the Best Chef and People’s Choice awards.

**This year’s Cookin’ with Who? Community Chefs lineup:**

*Returning 2013 People’s Choice Champion:*

★ Prof. Karyn Wiseman ★

*Representing The Lutheran Theological Seminary at Philadelphia:*

- ★ **Dan Muroff**, past president and current board member of EMAN, CeaseFirePA and Conservation Voters of Pennsylvania ★
- ★ **The Rev. Dr. David J. Lose**, President, The Lutheran Theological Seminary at Philadelphia ★
- ★ **Denise Chapline** of Elfant Wissahickon Realtors ★

*Representing East Mt. Airy Neighbors:*

- ★ **Laura Morris Siena**, long-time community activist, Weavers Way Co-op Board member ★

- ★ **Larry Daniels**, President, East Mt. Airy Neighbors, Weavers Way Co-op Board member ★
- ★ **Dr. David Young**, Executive Director, Cliveden ★

*Representing Awbury Arboretum:*

- ★ **Meg Hagele**, Owner, High Point Cafe ★
- ★ **Desmin Daniels**, Co-Owner and Chef, Rose Petals Cafe & Lounge ★
- ★ **Bob Kaufman**, Partner, PhillyOfficeRetail ★
- ★ This year, teens from Awbury’s Teen Leadership Corps program will be showing off their culinary skills by preparing a variety of delicious desserts! ★

For tickets and information:  
<http://ltsp.edu/CookinWithWho>





HARVEST on HENRY



photo by Mary Sweeten

Receive 10% off  
your purchase  
with your Weavers Way  
membership card\*




*'Tis the Reason*  
Discover our feel-good gifts  
from around the world.

 **TEN THOUSAND  
VILLAGES.**


Chestnut Hill, 8331 Germantown Ave  
(One block southeast of Weavers Way in Chestnut Hill)  
For other Philadelphia area stores visit [tenthousandvillages.com](http://tenthousandvillages.com)

\*Offer valid at participating stores. Not valid with other discounts, gift card, Oriental rug or Traveler's Find purchases.




# Come Visit


MORRIS ARBORETUM THIS MONTH!




**Vibrant Fall Color**  
Still showing!




**Wellness Walks**  
Every Saturday at 10:30am



**Fall Classes**  
For Adults and Children



**Holiday Garden Railway**  
Opens November 29<sup>th</sup>



**Morris Arboretum**  
UNIVERSITY of PENNSYLVANIA

For more information visit:  
[www.morrisarboretum.org](http://www.morrisarboretum.org)

100 E. Northwestern Avenue, Philadelphia, PA 19118 • 215.247.5777



General Manager's Corner

If You Want Us to Do Something, You're Just Going to Have to Ask

by Glenn Bergman, Weavers Way General Manager

ALMOST WEEKLY, I RECEIVE A CALL OR EMAIL OR AM SIMPLY stopped in the store by someone asking that Weavers Way get behind some public policy or public outcry against (or for) something (GMOs, mountaintop removal, minimum wage, plastic bags, to name a few off the top of my head). Often I will talk to a few Management Team members and ask them their thoughts and then try to decide what we can do to assist the cause — or not.

I often wonder, “What gives me the right to advocate on behalf of the Co-op member-owners and Board?” What would happen, for example, if I advocated for empty lots to be put in the hands of community groups, only to find out that the membership wanted to do something else?”

We needed some formal system that would oblige the person or group making the request to put in writing who they are, why what they are advocating is important, and how it fits into the Co-op’s official Ends and mission. With this information in writing, we could then discuss at the management level the next steps we should take.

After a few months of discussion, we have come up with a form that you can use as a member to request that Weavers Way support or advocate on behalf of your issue or group. Should we agree that it’s appropriate for the Co-op to advocate for or endorse your position, we will work with you to see what we can do. It could be space in the Shuttle, an announcement on the website or in the eNews, a donation or a letter from the General Manager or Board President.

Right now, for example, we are working toward the legal-

(Continued on Page 20)

L.E.T.T.E.R.S

Higher Prices Pay Off in the Long Run

I WOULD LIKE TO OFFER MY OPINION IN RESPONSE TO THE SHUTTLE article entitled “(some of) Our Prices Are High — For Very Good Reason” by Glenn Bergman, written in response to a letter, “Co-op Needs to Be More Affordable for Members.”

In the past 25 years, a variety of food movements have crafted strong and coherent opposition to industrial monoculture and the subsequent marginalization of human capital. Weavers Way embodies this movement by routinely heralding environmental sustainability and locally produced products cultivated from a biologically diverse polyculture. Critics of the food movement have stated that the additional costs of providing equitable products has contributed to a legacy of unequal access, and that the amenities of sustainability are only available in wealthy locales. What Weavers Way lacks in buying/advertising power I believe is replenished with human capital.

The farms at the W.B. Saul Agricultural School and Awbury Arboretum have provided the USDA Eastern Regional Research Center with a generation of budding scientists, and two of their alumni obtained jobs in the laboratory. I have worked closely with both scientists. Janysha Taylor worked with predatory bacteria as biocontrol agents against foodborne pathogens and now is attending vet school at Penn; Lindsay Rogers (CSA member) introduced me to the farm and characterizes arbuscular mycorrhizae.

This movement for agricultural education, seeded by the farms at Saul and Awbury, has begun to take root between the cracks of busted sidewalks in Philadelphia’s poorest communities. As this narrative continues to unfold, I believe that Weavers Way, with its unique partnership with the educational farms, can provide economic empowerment to marginalized communities in Philadelphia.

Although these farms operate at a loss, I believe after the initial investment is made, the financial reports will reflect a trend toward profitability.

While the members reflect upon prices, I ask that we take a good look at the benefits that our farms bring to our co-op and our community. What is the value of our farms to us as a community of educated consumers?

Alison Lacombe, PhD, Food Safety Technologist,  
USDA Eastern Regional Research Center, Wyndmoor, PA

Cost Relief Options

THIS LETTER IS IN RESPONSE TO OUR ongoing dialogue about Weavers Way Co-op’s price structure, elevated in support of its noble values. I would suggest that those values surely must include a need to serve all our neighbors including those of us on low or fixed incomes who struggle to put good food on our tables. We need not oversimplify this as an “Either/Or” values proposition. Perhaps we can creatively integrate some strategies to help make our co-op a viable alternative for the entire community.

- Can we offer a higher member discount for those who can schedule additional cooperator hours throughout the year?
- Can we include additional items to stimulate Wednesday/Thursday buying beyond discounted local apples — like whole chickens, eggs and leafy greens?
- How about reviving an old-fashioned approach: weekly (or bi-weekly) sales for selected staples and fresh foods? These could be chosen not solely by supplier price breaks, but by reducing profit margins on select items to ensure balanced meals can be as affordable as when sale shopping at traditional chain supermarkets (i.e., not Whole Foods).

Granted, instituting these programs might actually require some broad price adjustments to maintain appropriate profit targets. But I believe it would make shopping the Co-op more enticing for many shoppers, and reflect our concern about the economic struggles of many members who must now shop elsewhere, despite their respect for Weavers Way values.

Eric Sternfels

TIS A GIFT

New retail craft cooperative seeking partners & consignors.  
Opening this fall on Germantown Avenue in Mt. Airy.  
Contact ctodd@hotmail.com or katheran.siegel@gmail.com

Dental Arts of Chestnut Hill, LLC

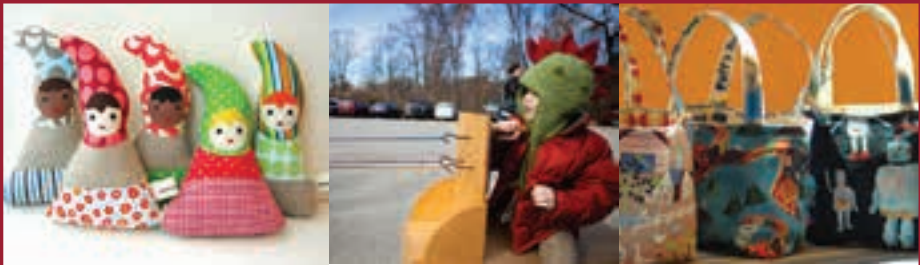
8625 Germantown Ave.  
Philadelphia, PA 19118  
Tel. 215-242-6630  
Fax 215-242-6633  
Axel Ramke, D.M.D., D.D.S., Ph.D.  
General Dentistry

www.DentalArtsOfChestnutHill.com

Holiday FAIR & Craft Bazaar 2014

FRIDAY, NOVEMBER 21<sup>th</sup>  
6:00PM-10:00PM  
SATURDAY, NOVEMBER 22<sup>nd</sup>  
10:00AM-5:00PM

Handmade gifts for sale and magical children’s activities



THE waldorf  
SCHOOL OF PHILADELPHIA  
phillywaldorf.com

at The Waldorf School of Philadelphia  
7500 Germantown Avenue, Eagles 2 Building  
Philadelphia, PA 19119  
Across from the Trolley Car Diner in Mt. Airy

TIME TO GET WARM AND TOASTY!

Mittens, Gloves, Hats, Scarves  
and Socks are in!

weavers way  
across the way  
next door



MR. PEEPER'S OPTICAL  
EYEWEAR CONSULTANTS



Back to School Sale!  
50% Off  
All Bellagio Frames  
7125 Germantown Ave.

Gift Certificates  
Available  
Contact Lenses  
& Glasses  
215-248-6070



L.E.T.T.E.R.S

The Perception of Higher Prices

IN THE SEPTEMBER ISSUE OF THE SHUTTLE, I WROTE AN ARTICLE DISCUSSING THE concerns of the Education Committee. One of these items was the perception of high prices in Weavers Way as compared to other stores. Our manager Glenn Bergman responded with a discussion of what drives the pricing in the store.

I have received a number of comments thanking me for pointing out this problem, while Glenn reports that he has received a number of comments thanking him for his explanation.

I decided to make a little price comparison on the basis of my own shopping habits to see what the reality is behind these various complaints. It was really interesting to me to find out that in comparison with the Acme, the decision on high prices is a mixed one. There does not seem to be any clear pattern.

Readers should note that I am not making any comparisons with smaller fruit and vegetable stands in Germantown and Chestnut Hill or nearby suburbs. It seems to me that Acme is a much better standard than the surveys that we have seen in the Shuttle comparing us with Whole Foods.

This is of course a limited survey, reflecting my own personal eating habits. However, I feel that much of the perception of higher prices at Weavers Way stems from the prices of fresh fruits and vegetables, meat and dairy products. I assume that the prices on our bulk items are cheaper than comparable products in supermarkets, if they are available at all.

Below is the survey. You will see that Weavers Way is higher on some products, lower on others, while it is impossible to make an exact comparison on others.

Larry Schofer, chair, Weavers Way Education Committee

	Weavers Way	Acme
Cantaloupe	\$2.99	\$3.49
Honeydew	\$3.99	\$4.99
Organic grapes	\$2.99	
Grapes		\$1.48
Driscoll strawberries	\$6.99	\$4.99
Organic bananas	\$0.99	
Bananas		\$0.59
Local Honeycrisp apples	\$1.99	\$2.99
Mango	\$1.89	
Organic mango		\$2.49
Turkey sausage	\$ 5.89	\$5.79
Comparison done 9/26/14		

It's All About Freedom

I WANT TO COMMEND THE WEAVERS Way Board and staff for the meeting held in September to discuss the Co-op's product purchasing philosophy in light of the Eden Foods controversy. More than having a civil and courteous discourse, those in attendance accomplished what I believe is an important goal with these kind of debates. While some may be disappointed that this matter did not go to an immediate vote, the meeting gave the time and space necessary to hear each other out face to face. This personal interaction helps us learn the importance (and art) of communicating peaceably and listening respectfully, especially when we don't agree. It certainly broadened my perspective of why others hold the positions they do, and the respect afforded to one another created a safe place to voice beliefs without the risk of repercussions. The atmosphere extended the same freedom we are all fighting for — the freedom to take a principled stand and live by it.

In a free country, one may find oneself buying goods from a capitalist or renting a room from a Marxist, sharing a bagel with a Jewish neighbor or enjoying a cup of coffee with a staunch atheist.

It is all part of a free exchange in a free society. In such cases, doing business or breaking bread with another human being doesn't always imply agreement with their politics, their religion or their views on contraception. But how can we expect to understand the interests and needs of others (e.g., women working for Eden Foods, Michael Potter's exercise of his religious beliefs or Weavers Way members' purchasing choices) if we never take the opportunity to listen and empathize with those immediately around us?

True freedom is found in taking personal responsibility for our lives and respecting others in the way they order theirs. Even when it comes time to establish boundaries as a society, we preserve our collective freedoms best when we make an effort to see through the eyes of those who hold different beliefs. It by no means forces us to give up our own views, but it will bring us closer to caring for one another when we understand what drives others to their positions. Having a voice and upholding our mutual freedoms is the foundation of a strong cooperative community and I hope we commit ourselves to this end whenever faced with these challenges.

Erik Petersons

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be under 200 words and may be edited. The Shuttle may decline to publish any letter for any reason. Send contributions to editor@weaversway.coop.

The Presbyterian Church of Chestnut Hill presents

The Festival of Music and Arts November 14-16, 2014

Friday, November 14

7:00 p.m. Art Exhibit and Opening Reception

8:00 p.m. Aura Polyphonica

Masters of the Spanish Renaissance: choral works by Victoria, Morales, and Guerrero

Saturday, November 15

8:00 p.m. PCCH Gallery Choir

Modern Spiritualists – A tribute to John Tavener

This concert will feature music of the late English composer John Tavener, and his friend Estonian composer Arvo Pärt.

Sunday, November 16

Play Reading: Vanya and Sonia and Masha and Spike

4:30 p.m. reception, 5:00 p.m. performance

Vanya and Sonia and Masha and Spike is the winner of numerous 2013 awards including the Best Play Tony Award and the Drama Desk Award for Outstanding Play.

Tickets are \$10 for each performance and are available online, by phone, and at the door. All performances take place at The Presbyterian Church of Chestnut Hill. Parking is free; the building is accessible for wheelchairs.



THE PRESBYTERIAN CHURCH OF CHESTNUT HILL  
8855 Germantown Avenue Philadelphia, PA 19118  
www.chestnuthillpres.org • 215.247.8855

EXCITING NEW SHOW SPACE!

8514 Germantown Ave.  
(formerly The Children's Place)  
CHESTNUT HILL  
610.529.2083

Our 18<sup>th</sup>  
ANNUAL HOLIDAY SALE  
of Unique Indonesian  
HANDCRAFTS & GIFTS

FROM BALI TO BALA

Take a cultural journey to Indonesia without leaving home. Enjoy an authentic shopping experience enriched by interesting and affordable gifts while supporting local non-profits through your purchase, all in one convenient location!

November 7<sup>th</sup> - December 23<sup>rd</sup>  
Tuesday - Saturday 11 am - 6 pm  
Sunday 12 pm - 5 pm

Special events throughout the show!  
WWW.FROMBALITOBALA.COM  
VISIT us on Facebook

OPENING NIGHT PARTY Saturday, Nov. 8<sup>th</sup> 7 - 9 pm  
Featuring dance performances by Modero & Indonesian Cultural Club

CHESTNUT HILL  
Computer Spa

We Pamper Your PC or Mac!

COMPLETE COMPUTER SERVICES AND TRAINING

Remote Service Available  
CHComputerSpa@gmail.com

215-939-2534

Joanne Davis  
215-939-2534



# Philadelphia Slavery Story, in History and Beyond

by Lynn Hoffman, for the Shuttle

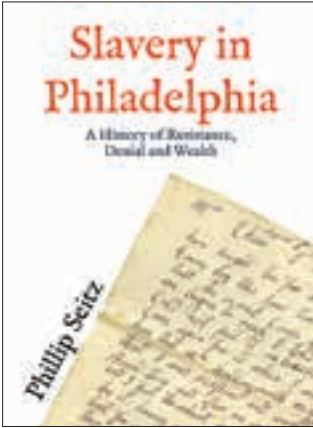
IT’S HARD TO IMAGINE SLAVERY IN PHILADELPHIA, GIVEN all we hear about Quaker tolerance and brotherly love. Could there have been a time here when people owned other people? Did someone walk up Germantown Avenue as a slave and someone else as an owner of enslaved people?

The story of historian Phil Seitz’ book, “Slavery in Philadelphia” (2014) began in 2001 when he was browsing the collected papers of the Chew family, for generations the owners of the Cliveden estate in Germantown. Seitz, then Cliveden’s curator, discovered a 1795 letter that piqued his interest: a report from an overseer about being beaten by two enslaved young men from the Chew plantation in Delaware where they worked. Seitz devoted 10 years of research into this unfolding tale of everyday slavery reflected in the Chew papers, which start in the 1600s and run into the 20th century.

During the course of this research he became involved with many African Americans and ran a community program at Cliveden Mansion that changed his life. This included, for Seitz, a white college graduate, a very disturbing look at life on the other side of the color line. It was a view that focused on what he was choosing to ignore in our society about the racial structure of Philadelphia. It also made him wonder about the consequences of not seeing race and racial divisions.

Seitz sees his book as important for three reasons.

“First, it shows that slave rebellion and resistance in the cities and on the plantations was remarkably common, and through the window of some remarkable original letters, gives us an amazingly detailed view of what that resistance looked like.” This is important, he says, because it shows us that slaves were never passive, but were aggressive everywhere in defense of themselves and their communities — an especially important point for blacks who are often ashamed of their past. Second, it enlarges our notion of slavery “from the direct ownership of slaves to include slave-based industry.” Seitz points to Philadelphia’s enor-



Historian Phil Seitz says the work of racial reconciliation is difficult.

mous textile manufacturing businesses. He cites a single firm that used 1.56 million pounds of slave-grown cotton in a single year. Beyond that time and that industry, he points out the continuing benefit from slavery-generated financial gains in university endowments and modern corporations. Finally, Seitz maintains that slavery continues to inhibit racial interaction and discussion. By cutting off the conversation, he maintains, it perpetuates wounds first inflicted years ago. “Post Traumatic Slave Syndrome” also inhibits our ability to communicate our fears and angers, and better understand what’s going on around us.

The author regularly participates in workshops led by teams of black and white facilitators that are designed to do the necessary work of reconciliation. He says participation in these experiences is hard, especially for white folks, because it entails reaching beyond some initial fears — “of looking foolish, of offending people, of invoking anger.”

Seitz is not an optimist. He writes, “There may be little hope of overcoming the inbred racism of our society, but that doesn’t mean we can’t make progress in smaller spheres.” He calls for a beginning of more genuine interracial communication, but warns, “This extends far beyond taking someone to lunch.”

Seitz says, “while learning to see the things we’ve been blind to before is painful, it is ultimately the basis for building a better world.” Perhaps a good place to start is to take a look at what really happened right here on the streets of Philadelphia.

Contact Phil Seitz at [Phillip.Seitz@verizon.net](mailto:Phillip.Seitz@verizon.net).

Writer and Weavers Way member Lynn Hoffman chronicled his cancer in “Radiation Days.” Visit his website, [lynnhoffman.com](http://lynnhoffman.com).

# Pull on the Gloves for WMAN Streetscapes

THE WMAN STREETSCAPES COMMITTEE needs YOU!

The committee will be planting more than 60 new street trees in Mt. Airy beginning at 9 a.m. Saturday, Nov. 15. This is be the 16th such planting for the Committee and will bring the total number of trees planted to over 500!

At the request of Friends of Carpenter’s Woods, half the trees will be native species planted adjacent to Carpenter’s Woods. The rest will be located throughout the community.

No experience is necessary; tools are provided and refreshments will be served. Volunteers will be paired with trained Tree Tenders and other landscape professionals and spread throughout the community to plant bare root street trees provided by the Pennsylvania Horticultural Society. Not all jobs require digging or lifting, so come on out and bring a friend! We’ll meet at the Allens Lane Art Center (601 W. Allens Lane) for coffee and assignments.

Your neighbors on the committee really need you this year to get the job done. Please consider giving a few hours of your time and energy.

For info and to volunteer, contact Doris Kessler at [doriskessler@me.com](mailto:doriskessler@me.com) or 215-242-0651.

VALLEY GREEN BANK'S HOLIDAY BOOK DRIVE  
Nov 28<sup>th</sup> - Dec 31<sup>st</sup>

**GIVE THE GIFT OF READING**

**DONATE KIDS' BOOKS TO THE MASTERY CHARTER ELEMENTARY SCHOOLS, THE MT AIRY SCHOOLS COALITION AND HEALTH CENTER #9**

- New or gently used childrens' books
- Preschool–8th grade reading levels

**BOOK DONATIONS ARE ACCEPTED AT THE LOCATIONS BELOW.**

**PARTNERS AND DROP OFFS:**

Valley Green Bank  
23 W. Highland Ave. | 7226 Germantown Ave.

Market at the Fareway  
8229 Germantown Avenue

Gravers Lane Gallery  
8405 Germantown Ave.

Weavers Way Coop  
8424 Germantown Ave. | 559 Carpenter Ln.

Chestnut Hill Hospital  
8835 Germantown Ave.

Big Blue Marble Bookstore  
551 Carpenter Ln.

**VALLEY GREEN BANK**

[www.valleygreenbank.com](http://www.valleygreenbank.com)  
Mt Airy\* | 215.242.3550  
Chestnut Hill\* | 215.242.1550  
South Philadelphia | 215.462.2265  
Radnor | 610.995.2265  
Center City | 215.569.2265

\*Hours: Weekdays 8 to 6 and Saturday 9 to 1

**Big Blue Marble Bookstore**

**“Early Bird” Special!**

*Get a head start on your holiday shopping with a free greeting card (up to \$5 value) with every gift certificate of \$25 or more purchased before Thanksgiving!*

HOURS	
Mon	11:00 am - 6:00 pm
Tues - Wed	10:00 am - 6:00 pm
Thur - Fri	10:00 am - 7:00 pm
Sat - Sun	10:00 am - 6:00 pm

Voted  
**Best Kids' Bookstore**  
in Philly 2007 by  
*Philadelphia Magazine!*

551 Carpenter Lane 215-844-1870 [info@bigbluemarblebooks.com](mailto:info@bigbluemarblebooks.com)

[www.bigbluemarblebooks.com](http://www.bigbluemarblebooks.com)

**HOUSE AT POOH CORNER**

*where learning comes naturally*  
*Teri DiCesare, M.Ed.*  
**INFANTS • TODDLERS • PRE-K**

*Over 30 years of quality care*  
**215-843-0815**

Visit our website [www.houseatpoothcornerdaycare.com](http://www.houseatpoothcornerdaycare.com)



# Underfoot at Ned Wolf Park, Our Public Botanical Oasis

by Eric Sternfels,  
Friends of Ned Wolf Park

NED WOLF PARK, MT. AIRY'S PUBLIC botanical oasis, continues to offer a serene place to contemplate the beauty of our urban village. Phase II of the Terrace Wall Project was completed in the spring, introducing cool stone slabs on which to sit in the heart of the park. Whether for Sunday morning tai chi, or as the place to bring the kids with their dripping ice cream cones, ever more folks have been coming together in these gardens for moments of exquisite peace. In fact, it's been the inspired destination for a few small wedding ceremonies this year.

The Friends of Ned Wolf Park aren't through with their capital campaign to eliminate all the 1970s creosoted timber from the park. We're still raising funds through the sale of inscribed bricks to complete Phase III — replacing rotting landscape ties with reclaimed cobble-

stone to edge the planting beds and to keep mulch off the paved walkways and central terrace. For a \$100 donation, you can add your personalized brick to those already installed in the terrace. With your gift, you can commemorate loved ones, demonstrate your community support or offer your words of wisdom for eternity.

Local photographer and neighbor Laurel Harrish shared this photo in a recent blog post. Taken upon showing this newly installed brick to her daughters, Laurel's caption reads: "Now our girls will always be a part of Mt. Airy — their first home."

Ned Wolf Park volunteers, who continue to weed, trim, sweep and nurture the plantings, have heard grateful thanks from many passersby who appreciate the Friends' efforts to maintain and improve this special amenity for the community. Several have already purchased bricks and it's not too late for you to do the same. Surely, the appeal of this neighbor-



Laurel Harrish photo (laurelharrishphotography.com)

hood oasis — not long ago an untended eyesore — has contributed to rising real estate values here, so perhaps our local realtors might like to show their thanks with a brick? Is there someone in our community you'd like to thank for their unsung community efforts? Why not tell them — and show them — with an inscribed brick that will last for years?

Look for a brick order form/brochure in the park's information boxes, or visit [www.nedwolfpark.org](http://www.nedwolfpark.org) where you can pay and order on line. Ned Wolf Park is at the corner of Ellet and McCallum streets.

## Co-op Stores Host MANNA Pie Pickup

YOU CAN CHECK ONE THING OFF your holiday entertaining list and do a little good this Thanksgiving by ordering a pie from MANNA's Pie in the Sky fundraiser. The Philadelphia-based volunteer group, which cooks and delivers free, nutritious, medically appropriate meals to folks who are battling life-threatening diseases such as cancer, renal disease and HIV/AIDS.

Here's how it works: Go to [www.mannapies.org](http://www.mannapies.org), make your selection, choose a pickup site (it doesn't even have to be Weavers Way, but the list is alphabetical and we're at the bottom) and pay with a credit card. You can also order by phone or even mail in a check with an order form you can print out from the website.



Here are the flavors:

- MANNA's signature Sky Pie — cheesecake drizzled with caramel and chocolate and topped with walnuts.
- Holiday Pumpkin (kosher)
- Traditional Apple (kosher)
- Southern Pecan
- Sweet Potato

MANNA was founded in 1990 to help people dying of AIDS at a time when the stigma associated with the disease was at its height. For more information, visit [www.mannapa.org](http://www.mannapa.org)

## What About That Flu Shot? Get the Story from Mutual Mt. Airy

We hear every year about the importance of the flu vaccine and getting our shot. Yet less than half of Americans got a flu shot last year, according to the U.S. Centers for Disease Control and Prevention.

Mutual Mt. Airy invites you to "It's Flu Season: Vaccines and Advice for Seniors," a presentation by Megan Gill, pharmacy manager at Chestnut Hill Pharmacy. Join us Monday, Nov. 24, at Lovett Library (6945 Germantown Ave.), starting with

refreshments at 6:30 p.m.

Gill will discuss why it's so important for seniors especially to get a flu shot and what other vaccines we might want to consider. She'll also talk about the effect of medicines on our bodies as we age and what questions to ask a pharmacist.

Mutual Mt. Airy is an organization working to support and enrich those who wish to age in place in the community. Check us out on Facebook and at [mutualmtairy.org](http://mutualmtairy.org).

**Pelham Pharmacy**  
...where patients come first!

6555 Greene Street

215.848.0500

[www.pelhamrx.com](http://www.pelhamrx.com)

Store Hours:  
Mon, Wed, Thurs, Fri 9 a.m.-7 p.m.  
Tues 9 a.m.-5 p.m.  
Sat 9 a.m.-2 p.m.



*Support Your  
Local Pharmacy  
and Keep Our  
Community  
Healthy.*

Pelham Pharmacy... we care for you.

**\$10 Store Gift Card**

Bring this coupon in to receive a \$10 in-store gift card with two or more new or transferred prescriptions.

One per customer. Expires December 1, 2014

making a difference is  
**EASY AS PIE**



Valley Green Bank is proud to support MANNA's Pie In The Sky annual fund-raiser. Each pie sold will provide a MANNA client a Thanksgiving meal for four. Order your holiday pie now!

MORE INFORMATION AND  
HOW TO ORDER CAN BE FOUND AT  
[WWW.MANNAPIES.ORG](http://WWW.MANNAPIES.ORG) OR 215-496-2662

Weavers Way Co-ops are convenient Pie Pick-Up locations!

**VALLEY  
GREEN  
BANK**



You count with us.

[www.valleygreenbank.com](http://www.valleygreenbank.com)  
Mt Airy\* | 215.242.3550  
Chestnut Hill\* | 215.242.1550  
South Philadelphia | 215.462.2265  
Radnor | 610.995.2265  
Center City | 215.569.2265  
\*Hours: Weekdays 8 to 6







2014

Farm to Table Dinner



WWCP supporters gathered Oct. 8 for the third annual **Farm to Table Dinner**, featuring ingredients from WWCP gardens, as well as Weavers Way Farms and other local farms and purveyors. Guests were wined (thanks to Moore Brothers Wine Company) and dined (by the very talented Weavers Way chefs, Bonnie Shuman, Andrew Gerulsky and Dan Salva) under the Hunter's Moon.

Thanks to our Friends of the Farm sponsors Lindy Communities, Moore Brothers, The Energy Co-op, Fernando Chang-Muy, Harriet Dichter and John Shapiro, Tom Dolgenos and Sarah Ricks, David Haas, Mira Rabin and Tom Whitman and Laura and Ron Siena.

**Photos by John Barone**



**Janet Ames**  
Member of **RE/MAX EXECUTIVE REALTY'S** Green Group  
610 Old Lancaster Rd.  
Bryn Mawr, PA 19010  
Office: (610) 520-0400  
Cell: (610) 308-0802  
janetamesrealestate@gmail.com  
www.realtorjanetames.com



**2014**  
**FIVE STAR PROFESSIONAL**  
Real Estate Agent  
**Multi-Year Winner**

**Happy Thanksgiving! Easy Apple Crisp Recipe**

- 2 1/2 cups apples - peeled, cored, and sliced (4 large apples)
- 1 cup sifted all-purpose flour
- 1 cup white sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1/4 teaspoon salt
- 1/2 cup butter, softened

**Directions:** Preheat oven to 375°F. Arrange apple slices evenly in greased baking dish. Sift flour, sugar, cinnamon, nutmeg & salt together in a bowl. Cut in butter using a pastry blender. Sprinkle over apples. Bake in preheated oven for 40-45 minutes or until topping is golden. Cool & serve.

Also visit me at:  
[www.facebook.com/realtorjanetames](http://www.facebook.com/realtorjanetames)  
[www.linkedin.com/in/realtorjanetames](http://www.linkedin.com/in/realtorjanetames)





W. Mt. Airy House for Rent  
Wood floors, sunny kitchen, living room w/fireplace.  
French doors to dining room, insulation & storm windows.  
Close to transportation & park.  
Pets OK w/deposit & monthly pet fee.  
Available November 2014



For more information please visit our website or call:  
**(215) 247-5700**  
[www.georgewoodwardco.com](http://www.georgewoodwardco.com)

**A Name to Remember—Service Not to Forget**



**SOLD**  
**BERKSHIRE HATHAWAY**  
HomeServices  
Fox & Roach,  
REALTOR®  
Ingrid Brown  
215 248 6520

**INGRID BROWN, GRI, Senior Real Estate Specialist**  
Associate Broker since 1975  
8400 Germantown Avenue, Philadelphia, PA 19118-3315  
215 248 6520 direct · 215 353 3917 cell  
215 247 3750 office  
[Ingrid.Brown@foxroach.com](mailto:Ingrid.Brown@foxroach.com)  
Over 1,000 houses sold

A member of the franchise system of BHH Affiliates, LLC

**SHOP SPACE AVAILABLE**

Local wood working business now renting bench space.

Contact Charles Todd: [ctoddmacf@hotmail.com](mailto:ctoddmacf@hotmail.com)



# 3rd Annual

At the request of one of our guests, we're sharing the recipe for the pickled vegetables that were featured during the cocktail hour.

## Farm to Table Pickles

- 3 cups white balsamic vinegar
- 1 cup rice wine vinegar
- 1 cup water
- 1/2 cup salt
- 10 black peppercorns
- 3 bay leaves
- Wax beans, green beans, green tomatoes, bell peppers

Mix vinegars, water, salt and spices in a large container.

Cut peppers and tomatoes into bite-size pieces.

Blanch and shock beans: Bring salted water to rolling boil (water should taste like the ocean). Cook beans for a minute and half, until tender but still crisp. Immediately plunge in ice water to stop the cooking process.

Submerge vegetables in pickling liquid for at least 24 hours. Keep covered in airtight container.



# URBAN FARM BIKE RIDE

Many thanks to all who joined us Sept. 27 for the ninth annual **Urban Farm Bike Ride**. More than 100 registered riders visited some of Philadelphia's unique urban farms, in the process, helping us raise more than \$6,000 to support Weavers Way Community Programs' farm and nutrition education programs! Special thanks to our sponsors Weavers Way Co-op, Digital Innovation, Kitchen Table Consultants and Lindy Communities, as well as Philadelphia Brewing Company and Tees Delivered for their in-kind support!





## AWBURY ARBORETUM

# HOLIDAY GREENS SALE & OPEN HOUSE

Saturday, December 6th  
2pm-5pm

THE FRANCIS COPE HOUSE  
ONE AWBURY ROAD  
PHILADELPHIA, PA 19138

❖ X-MAS TREES

❖ WREATHS

❖ GREENS

❖ FIREWOOD

❖ LIGHT REFRESHMENTS

❖ HOT DRINKS

❖ HOLIDAY MUSIC

❖ KID'S CRAFTS (SMALL FEE)

QUESTIONS? CALL 215-849-2855  
OR EMAIL AWBURY@AWBURY.ORG

\*\* Please bring toiletries to donate for Historic Germantown's holiday drive benefitting Face to Face Germantown.

## Avenue Art & Framing

Your neighborhood shop for quality custom framing



Open Tuesday through Friday 10 to 5:30  
and Saturday from 10 to 4.

6837 Germantown Ave.  
Philadelphia, PA, 19119  
215.848.4420



Weavers Way Community Programs

# Apprentice Reflects on the Season

by Sarit Luban, Weavers Way Community Programs Farm Education Apprentice

THE EASIEST WAY TO START AN ARTICLE like this is by saying, “It’s hard to believe November is here!” Or my other favorite, “It’s that time of year again!” These introductions always make me chuckle, because of course it’s going to be November eventually and of course it’s that time of year again!

Since April, as the WWCP Farm Education Apprentice, I have split my time between tending the fields and educating young people — two tasks that equally necessitate adaptation and repetition. I spent some days weeding for seven hours straight, others running between two farms, the office, the Co-op and a high school gym. Some days I worked alone, some days our crew transitioned from a lesson about bees with elementary schoolers to reclaiming overgrowth with teenagers.

When every day (or hour!) is different, change is the norm. Perhaps it’s why I am so drawn to this work. In both farming and teaching, you make plans, but they’re always subject to alteration due to external forces . . . usually unexpected rain, something in the insect family or potty breaks. These disciplines require you to think on your toes, to face new challenges confidently but humbly, to learn from mistakes. Yet this ongoing process is supported by

generations of knowledge — whether it’s generations within families or generations of managers, apprentices and interns.

Indeed, nonprofit educational farming requires you to shift between respectively demanding roles. Sometimes that’s really hard. And sometimes it’s what keeps me going. Working for WWCP allowed me to bring my patchwork skill set and turn it into something professionally viable. At then at the end of the week when I think of all the different situations I was in, how many wildly different tasks I completed, I recognize how much I am capable of. It’s pretty empowering!

Speaking of empowerment, I’d like to send a shout-out to all the amazing ladies at the Weavers Way/WWCP farms who continually inspire me with their strength and warmth. Being in their presence is a reminder that women can do anything.

But we were talking about constant transition, weren’t we?

It seems like as soon as I get used to something, it changes. As I have witnessed cucumbers and tomatoes giving way to sweet potatoes and winter squash, I have also seen many faces come and go through our educational programs.

The most consistent group I have worked with is the Garden Club at Stenton Family Manor, which has served 52 children since July. This is a group of kids in transition themselves. When their fami-



John Barone photo

Sarit Luban says while the farm year is cyclical, a day at work isn’t so predictable!

lies leave the Stenton Family Manor and transition into new homes, for me that means saying a bittersweet goodbye and good luck, usually without warning.

Just the other day, I said to a coworker that my life right now feels stable, it feels set. Now I’m writing my end-of-the season Shuttle article. As soon as I got used to this, it’s about to change!

But amidst the constant flux, some things stay the same. Every day I have my cup of coffee and put on the same pair of dirty boots; the kids shriek when they see a spider; the groundhog keeps eating the kale. And there is always work to do.

# Shelter: ‘Thanks, & by the way . . .’

by Margaret Guthrie, for the Shuttle

IT’S OFTEN DIFFICULT TO JUDGE THE impact of newspaper stories, but that hasn’t been the case with the recent story in these pages on “stuff.” People responded immediately, emptying attics, basements, garages and parental apartments, all to the benefit of our neighbors at the Stenton Manor homeless shelter in Germantown.

The response has been so good that we do need to clarify a couple of things:

- First, most of the kids at Stenton are in elementary or middle school and Ms. Hall, the receptionist at Stenton and one of the most helpful people on the planet, explained that in Philadelphia, elementary and middle-school kids wear navy or black chinos. (The high schoolers wear khaki-colored pants.) So the need at Stenton is for navy or black.

- Second, the shelter cannot accept mattress covers or pads (or mattresses). However, the need for good sheets, pillowcases and blankets, as well as towels, remains ongoing.

The main phone number at Stenton is 215-685-2800/2801. Ms. Hall will answer and she is not only helpful but also knows what they can accept if you have a question or want to schedule a delivery. It’s always better (and more polite) to let them know in advance if you’re bringing stuff!

Contact Margaret Guthrie at meg8337@verizon.net.



Erie Insurance<sup>®</sup>

Above all in sERvIcE<sup>SM</sup>

Auto • Home • Business • Life


Call us for a quote today.



The Iowa Group, Inc.  
8002 Germantown Avenue  
Philadelphia, PA 19118  
215-242-2242  
www.Lowagroup.com

S882 Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to erieinsurance.com for company licensure and territory information.

Your favorite foods are local.  
Your favorite sports teams are local.  
Our new *Morning Edition* host is local.




Jennifer Lynn is now hosting  
WHYY’s *Morning Edition*.  
A familiar voice to WHYY listeners  
and a Delaware Valley native,  
Jennifer Lynn really knows local.

WHYY FM 90.9

Morning Edition

Weekdays from 6 a.m. to 9 a.m.







Volunteers put the flowerbeds to bed for the winter.

## Professional Attention For Lincoln Dr. Gateway

THE GATEWAY PROJECT TO RESTORE THE pergolas at the entrance to Lincoln Drive got professional help in September from a team of five horticulturists from Eco Chic Gardens. The Bristol, PA-based volunteers, all graduates of Temple University’s School of Landscape Architecture and Horticulture, donated a combined 25 hours weeding, mulching (with mulch delivered by Philadelphia Parks and Recreation District 3), edging and pruning. Gateway was in expert hands that day and is now ready for winter.

The team consisted of principals Kim Lock and Ann Laughlin, with Lawrence Newell III, Annmarie Rambo O’Brien and Bria Tobie. Joining them were PPR Volunteer Coordinator Dave Bower and Gateway volunteers Carol Graeber and Doris Kessler. Gateway Committee member Pat Moran stopped by to cheer on the group.

The Gateway Committee hopes to tackle an adjacent overgrown area on Nov. 9. Check the West Mt. Airy Neighbors website for more information.

The project is also moving ahead with masonry restoration on the 1901 stone piers this fall. Dedication of the completed project, including reconstructed pergolas, is expected in the spring of 2015.

— Doris Kessler, WMAN Streetscapes Committee

## The Passionate Gardener

# Now’s the Time to Plant Fall Bulbs

by Ron Kushner, for the Shuttle

OF ALL THE GARDENING CHORES, PLANTING schemes, designs and effort in general, none is simpler, with such incredible results, than planting bulbs in the fall. They are quickly buried and soon forgotten, but what a reward in the spring! That first burst of color of when the bulbs bloom is a sight to please all.

November is the perfect month to plant, as long as bulbs are in before a hard freeze. The air may be chilly but the ground is still warm enough for root growth.

All the bulbs discussed in this article are perennial and with very little care should come back year after year. The biggest enemies are insufficient drainage, where the bulbs can actually rot, and rodents that love to eat them. Both of these challenges will be addressed below.

When I talk about fall bulbs, I am referring to those that are planted in the fall and bloom in the spring of the following year (and every spring thereafter). Summer bulbs, which bloom all summer and into the fall, are normally planted in the spring and early summer once the ground has warmed up. Examples are tuberous begonias, dahlias, cannas and calla lilies.

The most popular fall bulbs are daffodils, tulips, hyacinths, crocuses, scillas and snowdrops. Daffodils and tulips are “true bulbs,” in that they have layers of scales and a papery skin called a tunic and they all store nutrients. Corms, such as crocuses, are similar but they have a bud on top that produces leaves and flowers. Then there are rhizomes, tuberous roots and tubers — all different botanically but treated the same for planting and maintenance. Most catalogs and garden centers sell them all together without differentiation.

Bulbs can be planted just about anywhere — in bare areas, bordering walkways and driveways, in woodland settings, in raised beds, in containers and amidst ground covers such as pachysandra, ivy and periwinkle. They can be planted with wildflowers in a meadow and under certain trees — avoid maples and beeches as their surface roots tend to out-compete bulbs.

Bulbs that are “naturalized” are simply planted in

an informal arrangement, sometimes thrown up in the air and planted where they land. Then they can spread and fill in year after year, creating a carpet-like effect.

Most bulbs grow best if they get full sun when actively growing. By the time they go dormant, full shade is OK. That is why a location under deciduous trees is fine. They also need loose, humus-rich soil that drains well. They will not bloom well in heavy, compacted clay soil. The soil pH should be 6.0 to 7.0 (a bit on the acidic side is fine).

Plant in clusters of 10 or more. Dig holes with a traditional spade and place larger bulbs about 5 inches apart, small bulbs 1 to 3 inches apart. Plant at least three to four times the height of the bulb, and deeper is OK.

Buy the biggest bulbs you can afford. Healthy bulbs are solid and feel heavy. Small nicks and loose skins do not affect development of bulbs, but do not buy any (especially tulips) that completely lack the protective tunic. There should be no mold or signs of rot.

Once planted, mulch well with pine needles, salt hay or other mulch about 2 to 3 inches deep. (I use compost and it works great.) Use a bulb fertilizer such as Bulb-tone when planting, and mix well with soil first. Bone meal is fine, but it is really not a complete bulb food.

Backfilling the planting hole or mulching with oyster shells or “Soil Perfector” discourages voles and other rodents from digging at freshly planted bulbs. The sharp edges are a great deterrent and good for drainage, too.

Feed in spring when shoots are showing and again in late spring as soon as flowers wither. Bulbs need about a half-inch of water weekly, especially in fall and again in April and May.

Cut down spent flower stalks anytime, and remove seedheads after flowering to conserve the bulb’s resources. Otherwise, allow the foliage to die naturally — do NOT cut, mow, braid or bind with rubber bands. The foliage is producing food for next year’s growth. Remove the leaves only when they turn yellow or brown.

Contact Ron Kushner at [ronkushner@comcast.net](mailto:ronkushner@comcast.net) or visit his website, [www.ronsorganicgarden.com](http://www.ronsorganicgarden.com).



Design, Installation &  
Management for Over 20 Years  
Terraces, Walls, Walks, Water Gardens  
Garden and Lawn Maintenance

### David Brothers Landscape Services & Native Plant Nursery

Bean and Whitehall Roads, Worcester, PA  
215-247-2992 [davidbrothers.com](http://davidbrothers.com) 610-584-1550

### K.K. Lawn Service

Free Estimates

#### Kevin Kitt

President & C.E.O.

Grass Grooming  
Hedge Trimming  
Planting Flowers & Hedges

(215) 432-4069

[beareeu72@yahoo.com](mailto:beareeu72@yahoo.com)



Wissahickon  
Tree & Landscape  
Services, LLC

Brian Ames  
Certified Arborist

CUSTOM PRUNING  
DESIGN & INSTALLATION  
ORGANIC & NON-CHEMICAL  
SOLUTIONS  
GARDEN STRUCTURES

215-681-2436  
[www.wissatree.com](http://www.wissatree.com)



## FALL IS FOR PLANTING

Organic Gardening Supplies  
Bulbs \* Vegetables • Herbs • Fruit  
Native Plants • Perennials • Trees  
Chicken Supplies \* Compost  
Canning Jars & Supplies

### BACKYARD CHICKENS

Saturday, October 18th @ 1pm

with Maureen Breen of

Philadelphia Backyard Chickens

Caring for Chickens in Winter



### WEAVER'S WAY MEMBERS

Receive 5% Off Everyday

Must present card at time of purchase. Some exclusions apply.

[PrimexGardenCenter.com](http://PrimexGardenCenter.com)

215-887-7500 • 435 W Glenside Ave 19038  
[info@primexgardencenter.com](mailto:info@primexgardencenter.com)

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services.

Your support enables WWCP to continue to provide a wide range of farm education and nutrition programs to local children, including our subsidized tours for economically disadvantaged students from all over Philadelphia.

Giving  
Twosdays!

Give \$2 to WWCP!  
Every 2nd Tuesday Every Month

### Computer Service and Repair

Call Ed “The Tech Guy”

FOR ALL WINDOWS  
PC COMPUTER SERVICES  
IN-HOME OR REMOTE ASSISTANCE

LOW RATES

cell 719-964-9538  
[www.edttg.com](http://www.edttg.com)



# Wissahickon Charter School Keeps It Fresh

by Alex Evenson, for the Shuttle

IT'S NOT TOO COMMON TO SEE AN elementary school student in Philadelphia gnawing on zucchini, or butternut squash for that matter. At Wissahickon Charter School though, kindergarten through 8th-grade students expect to be offered fruits and vegetables like these in their classrooms. When asked, "Is there any fresh snack you liked that you had never tried before?" there can be a range of responses — blood orange, cucumber, yellow bell pepper, to name a few. Reports 2nd grader Aaron Robinson: "Tangerines are sweet AND sour!"

Through the Pennsylvania Department of Education's Fresh Fruit and Vegetable Program, WCS is able to provide a fresh snack three times a week to its students. The fresh snack takes the school one step closer to its goal of being a farm-to-table school.

Like many initiatives throughout the history of the school, this one was student-led. WCS applied for the grant

for the first time in Spring 2011 partially as a response to student critiques that the food served at school did not match the school's environmental mission.

The fresh food is just one of the unique aspects of Wissahickon Charter School. The 12-year-old K-8 opened the doors of its Fernhill building, on Wissahickon Avenue, in 2002, with a mission to provide a community of learning with an environmental focus that stimulates the child's intellectual, social and character development. In September 2014, WCS opened its second campus, Awbury, in order to reach more children in Philadelphia. As with Fernhill, an overwhelming majority of Awbury students are minorities (96 percent) and 75 percent come from low-wealth families.

Students come from across the city of Philadelphia. The Awbury campus serves 324 students and will serve up to 500 as additional grades are added in the next two years.

The Fresh Fruit and Vegetable Program is offered at both campuses and

has been wildly successful and well received by the WCS student body. WCS surveyed 120 of its students last year about the program and 83 percent indicated that, because of the fresh snack program, they have tried a fruit or vegetable that they had never tasted before. In addition, 74 percent reported that they eat fruits and vegetables more often now. And 52 percent even said that they noticed having more energy after eating the fruits or vegetables.

As an environmental school whose mission it is to educate the whole person, WCS celebrates such strides toward a healthier student body and possibly a healthier Philadelphia.

Outside of the survey, what do students think of the fresh snack? "It's sweet!" "It's healthy!" And for some of our more picky eaters: "It's nasty!" Guess you can't win 'em all.

Alex Evenson is the executive assistant at Wissahickon Charter School. Reach him at alex@wissahickoncharter.org.

## Trot on Down To Henry School

FAMILIES, NEIGHBORS AND runners from around the region are invited to participate in the C.W. Henry School PTA's second annual Turkey Trot, Saturday, Nov. 22.



The 5K run and 2K walk to promote fitness and fun start and end at Henry, Greene Street and Carpenter Lane, following a path through the beautiful fall splendor of West Mount Airy. Enjoy fun warm-up games and music; awards will be given in different age groups. Proceeds support investments in educational technology, including new laptops, tablets and software, and 2014-2015 Henry PTA programs.

The 5K kicks off at 8:30 a.m. and the 1-mile walk a half-hour later. Register in advance at [www.runtheday.com](http://www.runtheday.com). Day-of registration starts at 7:30 a.m.

Details and information are available at [www.cwhenrypta.org](http://www.cwhenrypta.org).

Every person is a thinker, creator and contributor.



Register Today!

**The Miquon School**  
founded in 1932

**Family Open House & All School Sing**  
Saturday, November 15 @2pm

[www.miquon.org](http://www.miquon.org)



**Project Learn School**  
A Cooperative School Community • K-8

**Looking for a school where parent involvement is welcomed?**

**Come to an Open House!**  
Sat., Nov. 15th • 10:30 am

**Call to RSVP or Schedule a Tour**  
**215-438-3623**

Limited Spaces Remain for 2014-15!

[www.projectlearnschool.org](http://www.projectlearnschool.org)

**AFS**  
Abington Friends School

the honors scholarship program



A competitive scholarship opportunity for academically talented students

Honors Scholarships for students applying to fifth through tenth grade are independent of need-based financial aid and typically last through graduation.

For more information or to apply, please call or visit us online.

*An independent Quaker college-preparatory school serving students age 3 through grade 12. Shuttle bus service available for our students coming from Northwest Philadelphia.*

[www.abingtonfriends.net](http://www.abingtonfriends.net) | 575 Washington Lane, Jenkintown, PA 19046 | 215-886-4350

**OMC**  
Our Mother of Consolation Parish School  
Pre-Kindergarten through Eighth Grade

**Catholic Values and Academic Excellence Since 1862**



Call to RSVP for an upcoming Observation Morning  
**10AM Tues Nov 18 • 10 AM Fri Dec 12**  
**10 AM Tues Jan 13 • 10AM Fri Feb 13**

**17 East Chestnut Hill Avenue**  
**215-247-1060 • [school.omcparish.com](http://school.omcparish.com)**

OMCParishSchool • @OMCParishSchool



# Get in on 40+ Years of Cooperative Babysitting

by Michelle Quirk, for the Shuttle

FOR MANY PARENTS OF YOUNG CHILDREN, THE COST of a babysitter will make them think twice about planning a date night.

Not so for members of the Mt. Airy/Chestnut Hill Babysitting Co-op!

Whether it is an anniversary dinner and movie, or a chance to get some work done around the house, a trusted babysitter is just an email away, and no money changes hands.

This year, the Babysitting Co-op is celebrating its 40th anniversary (although some sources say it may have been around even longer than that). At a time when many communities are experiencing a surge of interest in co-operatives, the Mt. Airy/Chestnut Hill Babysitting Co-op has proven to be an enduring community within a community, entering its fifth decade of “Families taking care of families.”

The Babysitting Co-op has 25 to 30 members who live in Chestnut Hill, Mt. Airy and Wyndmoor. Members use a point system to provide and receive child care, according to the number of hours, whether the sit takes place at the home of the sitter or the sittee and other factors. Members are expected to use the co-op at least once per month on average, either doing or taking a sit.

Members collaborate on administrative tasks. Each month, a family is assigned secretarial duties, making sure that open sits get filled and keeping track of points. There are two mandatory membership meetings each year, in April and October, as well as an optional summer social gathering.

Members periodically serve on a five-person steering committee. Current committee chair Rebecca Dhondt and her family joined the Babysitting Co-op in 2005 shortly after moving to Mt. Airy and hearing about it from a neighbor who was a member.

“We were new to the area and wanted more community,” she said. “My spouse and I loved to go out on dates but did not have the money to pay for both a sitter and dinner and a movie. Plus, with three children under 5 years old, who better to watch them but a parent?”

Dhondt soon saw a positive impact the Babysitting Co-op had on her family: “My kids are used to all sorts of people watching over them, which has made them more flexible and easygoing, and more accepting of different parenting styles. It gave us time to be with each other, which is crucial, and it also helped me meet lots of great people, many of whom became close friends.”

New members must have a primary sponsor and two seconding sponsors from within the current membership of the Babysitting Co-op. Current members can help interested families get to know other current members if



Sarah McAllister photo

This is what a babysitting co-op looks like.

they are seeking sponsors. Then they are submitted for approval by the whole membership.

A great way to find out more about the Mt. Airy/Chestnut Hill Babysitting Co-op and meet current members is to attend the monthly social, which is often held at a coffee shop or playground. These are announced on the Mt. Airy Parents Network email list. Or you may contact the Babysitting Co-op’s secretary-of-the-month at [bscoopsecretary@gmail.com](mailto:bscoopsecretary@gmail.com).

*Weavers Way member Michelle Quirk and her family belong to the Babysitting Co-op.*

PLYMOUTH MEETING FRIENDS SCHOOL

OUR GLOBAL EDUCATION STARTS WITH THE HEART

2015 Open Houses:

Thursday, Jan. 15  
9:30am

Friday, April 3  
9:30am

RSVP:  
[info@pmfs1780.org](mailto:info@pmfs1780.org)  
or call 610.828.2288 ext 226

COME VISIT!

Accepting Applications for 2015-2016

2150 Butler Pike Plymouth Meeting PA 19462 | [www.pmfs1780.org](http://www.pmfs1780.org) | 610-828-2288

A Big World in a Small Quaker School

SPRINGSIDE  
CHESTNUT HILL  
ACADEMY

EDUCATION BEYOND THE EXPECTED

OPEN HOUSES

INSIDE SCH

Lower & Middle School Girls  
Tuesday, Dec 2 • 8:30-10:30 am

Lower & Middle School Boys  
Tuesday, Dec 9 • 8:30-10:30 am

PRE-K-8 SINGLE SEX & 9-12 COED

ADMISSIONS OFFICE  
215-247-7007

[SCH.ORG/ADMISSIONS](http://SCH.ORG/ADMISSIONS)

PROCEED

A New Way to do High School

➤ Self-paced curriculum

➤ Testing-free learning environment

➤ Begin anytime of year

➤ Private school approach for less

[www.proceedthroughhighschool.com](http://www.proceedthroughhighschool.com)

the  
Crefeld  
School

Small, Progressive,  
Independent

For Admissions and  
Open House registration:  
[www.crefeld.org](http://www.crefeld.org)  
215.242.5545

GERMANTOWN FRIENDS SCHOOL

K

through

LIFE

OPEN HOUSE: NOVEMBER 11

31 WEST COULTER STREET, PHILADELPHIA, PA 19144  
215.951.2345

[WWW.GERMANTOWNFRIENDS.ORG](http://WWW.GERMANTOWNFRIENDS.ORG)



# Coming to Your Hood: Wild Turkeys

by Brenda Malinics, for the Shuttle

MORE AND MORE PEOPLE ARE SEE- ing them. Perhaps you have too and have not even been able to identify this large creature. Or did you think that your eyes might be playing tricks on you? A wild turkey in Philadelphia?

Turkeys are on the increase, and in some local communities are even considered nuisances. I have seen them in Philadelphia, and more often along the roads to the Jersey shore. This past summer, a female turkey was a regular visitor at Cape May Point, delighting birders, surprising vacationers and stopping traffic.

The wild turkey is a permanent non-migratory resident of Pennsylvania. Both Native Americans and subsequent European settlers hunted them for food while other cultures domesticated them. Benjamin Franklin — no bald eagle fan — lobbied to get the turkey designated our national bird.

By the late 1800s, few wild turkeys were left in the eastern United States because logging had destroyed their woodland habitat and unrestricted hunting had depleted their numbers. A restocking program begun in 1915 helped boost the population, but what really brought the turkey back was a trap-and-transfer effort begun in 1956 by the Pennsylvania Game Commission. Today, the statewide population is “robust,” while other states are working to restore and establish new populations.

You don’t want to mess with a wild turkey. Adult males, called gobblers or toms, are 3-4 feet long and stand 2-3 feet tall. Females, or hens, are shorter by a third. Gobblers average 16 pounds, although they can weigh up to 25 pounds, and hens weigh in at 9-10 pounds. Their plumage is a rich brownish bronze and, in



Fairmount Water Works Project Flow photo

This is what they look like, and could that be the Schuylkill in the background?

the sun, gleams with copper, blue, green and mahogany iridescence.

Gobblers have interesting facial features. They have a “beard,” a growth of black hairlike feathers that protrude from the breast. A fleshy appendage called a caruncle or “snood” dangles from between the gobbler’s eyes. In both sexes, the head is bluish gray, but in mating season, the gobbler’s head and neck can turn deep red; during courtship display, the colors of the head and neck change quickly to blue, purple and white.

Turkeys make many sounds and have keen eyesight and hearing. They usually run to escape danger; the strides of fleeing gobblers have been measured at 4 feet, and the top speed is an estimated 15 mph. Strange as it may seem, these huge birds can also fly. In the evening, turkeys flap up into trees to spend the night; a flock of six to 40 birds may roost together.

In the spring, turkeys eat tender greens, tubers and nuts. As the weather warms, they turn more to insects, but up to 90 percent of their diet is vegetation. In the fall they will eat seeds and nuts, along with whatever crops are convenient.

In March, gobblers begin courting hens. A dominant male may collect a harem of eight to 12 or more hens. In late April, the males take off and the hens nest on the ground in wooded or brushy areas. A hen lays an egg nearly every day until her nest contains eight to 15 eggs (the average is 12). Incubation lasts about 28 days. Within a few hours of hatching, the downy poults leave the nest. The hen leads them to open feeding areas.

Few wild turkeys make it past 2 years of age. Only a few predators dare to tackle adult birds; turkeys are more likely to perish from disease, starvation and hunting.

Turkeys do best in mature deciduous and mixed woods with water sources and grassy openings. Wissahickon Park, anyone? Although the literature says they are shy and secretive and shun areas of high human activity, it does not seem that many turkeys these days have done the reading. Wild turkey populations are increasing and they are being spotted in very populated and very unexpected areas. So be prepared for the next turkey you see to not be on a plate!

*bmalinics@gmail.com*



**Chestnut Hill Cat Clinic**  
215-247-9560  
8220 Germantown Avenue  
www.chestnuthillcatclinic.com

Serving the feline community and their people for over 20 years.  
**Thanking current clients who refer a new client with a \$25 professional-service credit. Share the Care!**

**WISSAHICKON PET MINDERS**  
**HELP WANTED**  
Are you the reliable, detail-oriented animal lover we’re seeking?  
Multiple shifts available. Must have own vehicle.  
WissahickonKieran@gmail.com

**POSITIVE CANINE CONCEPTS**  
Basic Obedience and Behavioral Issues  
Positive Reinforcement Training Techniques  
**Christopher Switky, dog trainer (CCDT)**  
**215.849.8617**  
cswitky@gmail.com

*OMS Private Label • Green Sleep  
WJ Southard • Cozy Pure  
Royal-Pedic • Shepherd’s Dream*  
**1075 Main Street, Hellertown, PA 18055**  
Showroom Equidistant from Philadelphia & New York City  
www.theorganicmattressstore.com

**Free Catalog**  
**Toll Free 1.866.246.9866**

**Another Chance for Us to Say Something Nice About Green Street Rescue.**

Aminda Edgar, identified in last month’s Shuttle as the head of Green Street Rescue, reminds us that she is “merely” a volunteer. GSR was founded and is run by Kathy Jordan. Check out their website, **greenstreetrescue.org**, to learn how you can help them help abandoned pets.

**We’ve gone GREEN...**  
Now using environmentally-friendly Waterborne paint!

**MACLENS**  
Collision Repair Professionals Since 1945  
Family Owned & Operated  
**20 W. Allens Lane  
Philadelphia, PA 19119**  
**Tel (215) 247-3906  
Fax (215) 247-9506**



by Betsy Teutsch, for the Shuttle

**E**CO-BRICKS, CREATED BY FILLING used plastic bottles with non-recyclable/non-compostable waste, are a brilliant upcycling solution pioneered by Pura Vida, an organization based in the Lake Atitlan region of Guatemala. Peace Corps volunteers spread the technique, organizing communities to build bottle schools. Eco-bricking has taken off around the world, with an active scene in South Africa as well as the Philippines.

Northwest Philadelphia certainly needs to join this eco-trend. Dedicated Cadre of Loyal Recyclers, let the eco-bricking commence! We can create eco-bricks for any community group, nature center, youth group, school or household that steps forward to organize a building project. Children will find eco-bricking fun, easy and educational. Put on your thinking caps, eco-educators, gardeners and activists!

There’s one basic rule: no wet or biodegradable contents — and that means NO PAPER; during storage, paper can get moldy.

Use either one-liter bottles (seltzer bottles work well) or 20-ounce juice/energy drink bottles. (Bottled-water plastic is too thin for construction.) The 20-ounce bottles are made of heavy plastic and their wider openings make them easier to stuff. I rarely buy energy drinks, so I retrieve the bottles from neighbors’ bins on recycling day. Uniform sizes and shapes aid in the construction process.

Leave an open, dry bottle on your counter, along with scissors and the widest

stick that will fit through the bottle’s opening to compress the contents. Drop in your non-recyclable waste, including:

- Yogurt-container tops.
- Wrappers from granola and energy bars, candy and tea bags.
- Foil wrappers.
- Thermal-paper receipts.

- Dead single-use batteries.
- Full size and single portion snack bags, rinsed and dried.
- Straws, swizzle sticks.
- Synthetic wine plugs and seals.
- Plastic not marked #2 or #4 (which can be recycled at grocery stores).
- Pasta bags, inner bags from crackers.

# Get Eco-Bricking!



**Upcycle non-biodegradable, non-recyclable trash, then build!**

- Seals from tubs for dairy products, hummus and other dips.
- Used labels, stickers, packing tape; label backing sheets.
- Mesh onion bags, cut up.
- Dead credit cards, cut up.
- Dead ballpoints, felt tips, gel pens and all their caps.
- Candle stubs.
- Sachet packets.
- Silica gel packs.

Wad or roll up to fit. Cut large items into smaller pieces, especially for the bottom of the bottle. Compress the contents as you go along. A small hammer makes a good tamper and gives you more leverage than just pushing down on the stick.

A 20-oz. capped eco-brick should weigh around 156 grams (5.5 ounces); a one-liter eco-brick, 250 grams (8.8 ounces). That means a lot of compressing; you should be able to stand on an eco-brick without it giving way.

Save your bricks until we announce a project — or dream up your own and put the word out. For inspiration, check out POEM: The Peace on Earthbench Movement ([www.earthbench.org](http://www.earthbench.org)).

As eco-brickers, you will quickly view plastic waste not as trash, but as eco-bricks-to-be!

*Betsy Teutsch’s book, “100 Under \$100: One Hundred Tools for Empowering Global Women,” will be published in March 2015. Email her at [bpteutsch@comcast.net](mailto:bpteutsch@comcast.net).*



**Green Woods Charter School**  
**“Creating Active Young Stewards of the Natural World!”**

**Application/Admissions for  
September 2015**

**[www.greenwoodscharter.org](http://www.greenwoodscharter.org)**

## APPLICATIONS AVAILABLE

**NOVEMBER 15, 2014  
through  
JANUARY 15, 2015**

**at:  
[www.greenwoodscharter.org](http://www.greenwoodscharter.org)**

## LOTTERY

**JANUARY 21, 2015  
6:00PM  
Public lottery held at the  
school cafeteria**

**468 Domino Lane  
Philadelphia, PA 19128  
(215) 482-6337**

## QUESTIONS

**Please contact:  
[registrar@greenwoodscharter.org](mailto:registrar@greenwoodscharter.org)  
or call  
(215) 482-6337 and ask for the  
registrar**



# Keeping Thanksgiving Delicious, Fun and Healthy



by Tema Esberg, for the Shuttle

THANKSGIVING IS A WONDERFUL TIME OF YEAR TO reflect on what we are grateful for in our lives and to enjoy the flavors of the season. Yet did you know that the average Thanksgiving meal packs about 3,000 calories and 200 grams of fat? That’s more calories than the recommended amount for a moderately active adult for an entire day! No wonder we feel so full and bloated after devouring the traditionally rich holiday dishes.

I’m not suggesting you nibble on celery all day. All you have to do is be mindful of your food choices and make time to be physically active, and by the end of the night, you will feel satiated, healthy and happy.

**Small Meals Throughout the Big Day:** Eating small meals throughout the day will avoid that ravenous feeling that can make you eat too much once you finally sit down for the feast. Or try eating a whole apple before the big meal; the fiber in the apple will make you feel full,

and apples are great this time of year.

**Stick with White Meat:** Roasted turkey breast is a fairly low-calorie source of protein, iron, zinc, potassium and B vitamins. It is about 41 calories per ounce; a 3-ounce serving is about the size of a deck of cards.

**Reach for the Salad:** Salads can be a fantastic source of nutrients, especially if you make your salad with dark leafy greens. Dark leafy greens like spinach and kale are, calorie for calorie, probably the most concentrated source of nutrition. It is often the dressing that turns salads into a heap of calories, so consider making your own with olive oil and orange juice or pomegranate juice.

**Don’t Skip the Pumpkin Pie:** It wouldn’t be Thanksgiving without pie, right? But there are choices. Pecan or pumpkin? Pumpkin pie has less fat and calories, and pumpkin packs some impressive health benefits, as it is filled with vitamins A and C, beta-carotene, fiber and potassium.

**Take Time to Burn Some Calories:** In addition to making mindful choices about your meal, it is great to have

a plan for moving your body. Not only will you burn some calories, but you will also feel more energetic and feel happier by releasing those endorphins.

- Make a hike or bike ride with friends and family a holiday tradition.
- Don’t forget the dog! Take a nice long walk and spoil both of you.
- Find a local Turkey Trot, such as the Fairmount Park Turkey Trot at the Please Touch Museum or the PHLY Turkey Trot on Forbidden Drive benefiting Germantown’s Face to Face).
- As you watch the game, do burpees for every touchdown, pushups for each field goal, jumping jacks for interceptions. Enjoy football in a whole new way!

*Personal trainer Tema Esberg welcomes your comments and suggestions at [potentiaPersonalTraining@gmail.com](mailto:potentiaPersonalTraining@gmail.com).*

## Mt. Airy Psychotherapy & Wellness

BRINGING HOLISTIC HEALTH TO THE NORTHWEST COMMUNITY

<b>Psychotherapy</b> Genie Ravital, LCSW Lauren Kahn, LSW, LMFT Lenore Jefford, LPC Eda Kauffman, LSW Althea Stinson, MSW Nathalie Vallieres Hand, LPC Linda Hawkins, PhD, LPC	<b>Homeopathy</b> Ameet Ravital, PhD, DiHom  <b>Massage &amp; Yoga</b> Lisa Kaye, LMT  <b>Acupuncture</b> Anna Beale, LAC
---	--

7127 Germantown Ave • Philadelphia, PA 19119  
215-242-5004  
[www.MtAiryPsychotherapy.org](http://www.MtAiryPsychotherapy.org)

# blue banyan yoga

studio & school

- **Certified Teacher Training**
- **100hr Yoga Immersion Program**
- **5 classes a week for just \$7**
- **Weekly Classes for ALL Levels**  
beginner's to advanced,  
prenatal, toddlers, kids & more!

practice on the mat to live Yoga off the mat

7153 Sprague Street/Phila, PA/19119  
[www.bluebanyanyoga.com](http://www.bluebanyanyoga.com)

"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount  
215-843-8258  
[www.mollykellogg.com](http://www.mollykellogg.com)

## Molly Kellogg, RD, LCSW

Psychotherapist and Nutritionist

100 East Sedgwick St.  
Mt. Airy

135 South 19<sup>th</sup> Street  
Center City

## Creating Your Positive Life!

Physical Emotional Mental Spiritual

### Awakening to the Spirit Within

Counseling, Positive Skills Training Spiritual Counseling Presentations	Jan Collins, M.Ed. <a href="http://www.creatingpositive.net">www.creatingpositive.net</a>
---	--

## International Co-op Principles

- 1 Voluntary and Open Membership
- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

## Alternative Healthcare for Women

Holistic Gynecology  
Natural Menopause Counseling  
Fertility/Pregnancy Consultations

Energy/Sound Healing Arts  
Therapeutic Touch  
Tibetan Bowls  
Shamanic Drums and Journeying

Iris S. Wolfson, CNM, CRNP  
133 W. Phil-Ellena Street  
Philadelphia, PA 19119  
(215) 842-1657  
[iriswolfson.com](http://iriswolfson.com)

## You can feel better about your life!

- Is depression taking over your day?
- Does anxiety get in your way?
- Would you like to feel happier and less self-critical?

Call or email Claudia today.

215-317-8855 \* [claudialistens@gmail.com](mailto:claudialistens@gmail.com) \* [www.Claudialistens.com](http://www.Claudialistens.com)  
**Claudia Apfelbaum, LCSW, Psychotherapist**

## A FRESH BREEZE IN YOUR LIFE

Therapy for Individuals, Couples and Groups

Trauma, Anxiety, Divorce Recovery,  
Adult Children of Alcoholics/Addicts  
LGBTQ Positive and EMDR

**Sylvia G. Brown, MSS, LCSW, PhD, JD**

<b>Offices:</b> Chestnut Hill and Center City	<b>By Appointment</b> 484.574.6819 Sliding Scale
---	--



# Reiki: An Ancient Hands-On Healing Technique

by Kezia Lechner, for the Shuttle

REIKI IS INCREASINGLY BEING RECOGNIZED as a highly effective, non-invasive, versatile healing modality that provides relief for a multitude of health imbalances and helps to restore balance, harmony and wholeness to all levels of body, mind and spirit.

There are many ways to explain what Reiki is, but for the purposes of this article, I will do my best to make it as accessible as possible.

The word “reiki” (“ray-kee”) means “universal life energy” in Japanese, and it has been said that the origins of Reiki can be traced back to ancient Tibet. Rediscovered in the early 1900s by a Japanese minister, Dr. Mikao Usui, the practice was then brought by two of his students to the West, where it is now widely being practiced.

Many diverse cultures around the

world (including indigenous people as well as quantum physicists) believe that we are part of an infinite ocean of energy that both surrounds us and flows through us. This has been referred to as *prana*, *chi* and *ki*.

A Reiki practitioner has learned how to access this energy, and acts as a channel, so that this energy is amplified and flows out through the hands.

A typical Reiki session takes place with the client lying on a massage table, fully dressed in comfortable clothing. The practitioner places his or her hands on (and sometimes above) the client, bathing the client in a soothing stream of healing energy. A client might feel warmth, or a tingling sensation as Reiki energy enters the body.

Traditional hand placement corresponds to areas that “house” the glands and organs of the human body. This placement also corresponds to the seven energy cen-

ters of the body, known as the “chakras.”

Reiki promotes relaxation and inner calm, relieves pain associated with accident, illness or injury, and can assist in the resolution of physical and emotional trauma. It helps strengthen and boost immune function, speeds wound healing and aids in surgical recovery, along with a host of other benefits too numerous to mention here.

Compared to other healing techniques, Reiki is easy to learn. Taking a Level 1 Reiki class can be a great way to help yourself, friends, family and even pets. Becoming a Reiki Master, however, requires two more levels of training and it often can take years of practice to attain a high level of mastery.

Reiki is now being offered in over 500 hospitals (such as Johns Hopkins) as well as numerous hospices and clinics across the United States. In hospital settings, it is most often used to complement traditional



## Health & Wellness Committee

cancer treatment because of the gentle, yet powerful, healing it provides.

*Kezia Renee Lechner is a member of the Weavers Way Health and Wellness Committee and a Usui Reiki Master. Contact her at [www.HeartofaHealer.com](http://www.HeartofaHealer.com) or [keziarenee@gmail.com](mailto:keziarenee@gmail.com)*

*Disclaimer: This information is not intended as a substitute for treatment by a licensed medical professional. See your doctor if you experience symptoms of illness. The Weavers Way Health and Wellness Committee does not endorse specific alternative therapies.*

# Weakness.

**Pain, cramping and tiredness in your legs could be a blocked artery.**

If you suffer from cramping, fatigue or numbness in your legs, or skin discoloration and pain in your feet, this could indicate blocked blood flow to your legs, also known as peripheral artery disease (PAD). It may also be a sign of blocked arteries elsewhere in your body, including your heart. If you have any of these symptoms, make an appointment with your primary care physician immediately. If you are diagnosed with PAD, trust the vascular specialists at Chestnut Hill Hospital. Treatments include medical or minimally invasive and open surgical procedures. Talk to your primary care physician today about your symptoms.

## CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

ChestnutHillHealth.com



**Board-Certified Vascular Surgeons**  
Doug Troutman, D.O.  
Matthew Dougherty, M.D.  
Keith Calligaro, M.D.

Independent Members of the Medical Staff at Chestnut Hill Hospital

for health, balance, manifestation

**LEO MCELROY**  
215-843-9718

*Shiatsu Bodywork*  
*Shamanic Healing Practices*

Cresheim Healing Arts 138-A West Gorgas Lane      [www.ShiatsuLight.com](http://www.ShiatsuLight.com)

**Mellow Massage Therapy Center**  
3502 Scotts Lane  
Bldg 17 | 1721A | Box A10  
Philadelphia, PA 19129

**w.** [www.mellowmassage.com](http://www.mellowmassage.com)  
**e.** [info@mellowmassage.com](mailto:info@mellowmassage.com)  
**p.** 215-843-2234

*Ask about our discounted monthly massage membership program!*



**10% off** any service - new clients only  
(Use Code: ww14)



## General Manager

(Continued from Page 6)

ization of backyard chickens in Philadelphia. We provide Shuttle and website space for this cause; our marketing manager, Rebecca Torpie, has been down to City Hall to discuss the issues; our Pet Store buyer, Anton Goldschneider, and meat and seafood staffer Apollo Heidelberg have been quoted and pictured in Grid magazine, among others; and we provide space for the chicken committee to meet.

When the soda tax was up for a vote in City Council, we wrote a letter, but we could have done more, and perhaps we should have. Regarding mountaintop removal, a particularly destructive form of coal mining, our Environment Committee has written about the issues and also found a movie on the environmental impact to screen.

So if you are going to ask the Co-op to support a march, a cause, a movement, please start by filling out an Advocacy Action Request Form, which you can find on the website ([www.weaversway.coop/advocacy](http://www.weaversway.coop/advocacy)) and get it back to us. Once we have the form, I will review it with other team members and then report on these requests to the Board of Directors at their regular monthly meetings.

I hope this helps you with a process that to date has been rather hit and miss.

## Fun at the National Cooperative Grocers Meeting

Earlier this fall, I spent a week in Seattle at the National Cooperative Grocers

Association meeting. It is always inspiring to see 150-plus people from around the country who run cooperatives.

The essence of what we discussed this time around is the change in the natural food business nationally.

Recently, large conventional grocers have been adding “natural foods” to their shelves — foods that are organic, minimally processed and say “natural” on the label. Kroger just announced that they sold over \$1 billion in natural foods last year. We also learned from our market-research company that the natural-foods industry has seen an amazing explosion of stores and Wall Street money chasing expansion in this area.

NCGA represents about 130 co-ops across the United States, helping with purchasing, staff development, marketing, sustainability and other business areas. Sales at NCGA co-ops continue to grow 4-6 percent a year (depending on location). We also see that as an industry, co-ops have more cash on our books than ever before and there are also opportunities for many of the co-ops to expand in their market areas.

We continue to see that what sets co-ops apart from publicly traded companies is our ability to connect with our community of owners, pay our employees at a higher rate with better benefits, and to connect with our local suppliers. Our ability to truly have an impact on local economic development by buying local can make a big difference. More to come on this in the near future.

*gbergman@weaversway.coop*



# Chris Hill Media

www.chrishillmedia.com  
chris@chrishillmedia.com  
215-843-5704

- vibrant **wordpress** sites
- Web solutions for **all** needs and budgets
- websites optimized for desktop, tablet **AND** phone
- sites you manage yourself
- **inexpensive**, easy-to-manage online stores
- Great low-cost **online tools**  
dynamic calendars, galleries, slideshows, searchable databases, blogs, social media integration, easy-to-use e-newsletter management tools, member-driven content, great SEO tools ... and more

web and print services for businesses and organizations driven by sustainable values

# HARVEST ON HENRY

ON BEHALF OF WEAVERS WAY CO-OP & W.B. SAUL AGRICULTURAL HIGH SCHOOL

## THANK YOU FOR YOUR SUPPORT



Diversified  
Human  
Solutions

Health Insurance

Advocacy. Knowledge. Compliance.



ncb

National Cooperative Bank



VALLEY  
GREEN  
BANK

You count with us.



EQUAL  
HOUSING



Four Seasons



KEYSTONE

refrigeration



PNC

**BOB & NANCY ELFANT**

ESPOSITO'S  
MAILLIE LLP

JYOTI  
WELL PET LLC

**The Iowa Group, Inc.**

SECRET GARDEN  
MAGGIANO'S

TRUE VALUE  
Roxborough

## Thank You!

To all the numerous volunteers who were a tremendous help in many ways!

**Donors:**

Solebury Orchard  
ShopRite  
Tasty Twisters  
Equal Exchange  
Secret Garden  
Whole Foods — Plymouth Meeting,  
Wynnewood & Jenkintown  
Lowes West  
Sherwin Williams  
The Foodery in Roxborough  
R & R Produce  
Holod's  
Stanley's Hardware  
Scientific Spectrum  
Royal Flush  
AMC Theatre  
Trader Joe's, Center City  
The Restaurant Store  
StoryPeople  
Handelok Bag Co  
Brecknock Orchard  
A & N House of Produce  
K'nex  
Killian's Hardware  
Dallas Golf  
Subaru of America Inc.  
Tapasya Yoga, Manyunk  
Philly Salvage  
Little Jimmie's Bakery  
Morris Arboretum  
Urban Jungle  
Greensgrow  
City Planter

**W.B. Saul Agricultural High School:**

Jess McAtamney - organizer  
Jen Disque - organizer  
Guy Amoroso - organizer  
Tammy Conaway, principal  
Scott Moser  
Gail Koskela  
Lisa Blum  
Alyssa Schaefer  
Amanda Hartman  
Sarah DeVaul  
Dave Ruvarac  
Nadia Krook  
Anne Vanasse  
Barb Brown  
Mary Creighton  
Anita Graham

**And All the Wonderful Saul Students!!!**

**Henry Got Crops:**

Nina Berryman  
Tara Campbell  
Scott Blunk  
Emma Dosch  
Hannah Slipakoff  
Heidi Ochsenreither  
Sally McCabe — PHS

**Weavers Way Co-op:**

Annette Aloe  
Stephanie Kane  
Mary Sweeten  
Bettina de Caumette  
Malcolm McAtee  
Marko Nastic  
Rebecca Torpie

**Food Trucks:**

Mucho Bueno  
Lucious Bakery  
SamosaDeb  
Tim's Barbecue  
Cheese E Wagon

**Vendors:**

Inspired Brews  
Henry Got Crops CSA  
Instar Apiaries  
Heidi Barr Designs  
Rocky's Tree Service  
Wissahickon Pottery  
The Waldorf School of Philadelphia  
Roxborough YMCA  
MilkCrate  
Brenda's Cats  
Weavers Way Community Programs  
Saul Home & School Association  
Food & Water Watch

**Pie Judges:**

Jimmie Reed  
Marisa McClellan  
Luke Rigel  
Valerie Erwin  
Alex Fries  
Scott Piergrossi  
Emma Dosch

**Photographer:**

Ellie Seif

**Musicians:**

Art Miron  
Jim Hamilton  
Richard Drueding  
Riley Luce  
Norman Weiss/Nothing Wrong  
Drew Brightbill

**Harvest on Henry Planning Committee:**

Dorothy Bauer  
Nina Berryman  
Nancy Dearden  
Bettina de Caumette  
Beth Delaney  
Jennifer Hall  
Liza Hawley  
Georgia Kirkpatrick  
Tatiana Loya  
Kathleen Powell  
Joanna Sinclair  
Norman Weiss

**HENRY GOT CROPS** is a partnership with Saul High School, Weavers Way Farms, Weavers Way Community Programs and Philadelphia Parks & Recreation. The proceeds from this fundraiser go to Weavers Way Farms and Henry Got Crops operations.



**The Acupuncture Clinic at  
CAFETTE has Moved!**

Find us now at  
**Chestnut Hill Family Acupuncture**  
 Jan Wilson, L. Ac.  
 7825 Germantown Avenue | Chestnut Hill, PA 19118  
**267.670.0989**

\*\*\*\*\*

**COMPUTER HELP!!**

Having trouble getting your computer, printer, scanner, CD/DVD/Blu-Ray, digital camera, or system software working properly?

Would you like to set up a home wired or wireless network to share your files, multiplayer games, and Internet access between all of your computers?

Need help removing **VIRUSES**, **SPYWARE**, or other malware which may have invaded your system?

Need help finding, designing, repairing, or upgrading a PC and setting up software which best meets **YOUR** needs?

For expert, reasonably-priced **service**, **instruction**, and **assistance** in your own home or office...

call

**Lauren Royce Emery**

Phone: (215) 844-5570

E-mail: [LREmary@fast.net](mailto:LREmary@fast.net)

24 hours, 7 days

\*\*\*\*\*

**H**  
**HANSON SERVICES**  
*Small Projects for the Home*

*Interior/Exterior Carpentry  
Custom Cabinetry  
Door & Window Installation/Repair  
Structural Work, Roofing  
Porch Repair, Deck Construction  
Hardwood Flooring  
Energy Efficiency Consultation  
Drywall/Plaster Work  
Painting, Masonry & Stucco  
Fire Protection  
Electrical & Plumbing*

214 KALOS STREET, PHILADELPHIA  
Tel 215 483 + 8338 ~ HGCINC.BIZ

**Advertise  
in the Shuttle**

 [advertising@weaversway.coop](mailto:advertising@weaversway.coop)



# Suggestions

by Norman Weiss, Weavers Way  
Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. As usual, suggestions and re- sponses may have been edited for brev- ity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, de- scription of event, word or word string should be taken seriously. This also ap- plies to the previous sentence.

We just installed a new walk-in re- frigerator at our Chestnut Hill store, along the driveway from Germantown Avenue, behind the produce department. We did not include enough back-stock refriger- ation when we constructed our Chestnut Hill store and had to park a refrigerated truck out in our back yard for storage of high-volume (in space and sales) items, mainly eggs, yogurt and produce. Having a new walk-in, with a door large enough for pallets, should help our Chestnut Hill store operate more efficiently.

I hear a lot of discussion in the nat- ural-food industry and farm (urban and rural) communities about sustainability. Some people take measures like creating more efficient and lower-impact refriger- ation systems, running them off solar panels, enclosing open cases and in gen- eral trying to make refrigeration a more sustainable technology. What I don't see much discussion of is how modern me- chanical refrigeration systems are in- herently unsustainable due to their de- pendence on chemical refrigerants and



significant amounts of electricity. It seems to me people may have overlooked the most sustainable form of refrigeration — root cellars. Of course a root cellar would not serve our modern life, where we have perishables like milk and meat, not to mention frozen items, but the fact that root cellars are mostly passive sys- tems that require almost no external en- ergy input and can get below 45 degrees F. makes me think they could be used for some items some of the year, more or less depending on where you live and what and how you store it. That root cel- lars aren't more popular in sustainability discussions is a bit of a mystery to me, but many things in modern life are a mys- tery to me, especially things like using re- sources to refrigerate items like Gatorade and Pepsi, which no one actually needs and likely impair health rather than pro- mote it.

Speaking of sustainability, I recent- ly read in Supermarket News (10/7/14) that Walmart's Senior Vice President for

Sustainability said Walmart was — quot- ing the story here — “moving to improve sustainability so as to protect resources of what's become the retailer's largest cate- gory.” Which would be food.

The article goes on: “Walmart's sus- tainability initiative will encompass efforts to use its influence to help suppliers and growers reduce their costs and decrease the environmental impact of agriculture; make healthy eating easier and more ac- cessible; and to improve transparency as to food origins and safety. Partners in the effort, including brands like Kellogg's and Coca-Cola and agriculture businesses like Monsanto, applauded the effort.”

Should we be happy about Walmart's effort to be more sustainable? Any im- provement Walmart makes has a large impact. On the other hand, as with re- frigeration, I can't resist asking: Isn't a Walmart-type of operation inherently unsustainable due to its dependence on things like packaging, customers driving there to shop, all the trucks bringing in products from faraway places and the en- ergy used to run their refrigeration? Plus referring to Coca Cola and Monsanto as partners in their sustainability effort re- ally makes me wonder how they define sustainability.

Maybe what they really need is a Se- nior Vice President for Root Cellars.

**suggestions and responses:**

**s:** “Dear staff members of WW, and a wonderful staff you are! Wonderful as I consider you, I question the judgment be- hind decisions to carry the many sweet- ened snack products that have prolifer-

ated at the Co-op. Today at the Chestnut Hill store, I saw the Sahale snack items hanging by the cashier. Very attractive packaging, thought I . . . but I wonder what's in them? I looked at ingredients of the cranberry, and was amazed to see seven different types of sugar! Togeth- er they most likely add up to the prima- ry ingredient. Sahale may not be excep- tional in this. There seem to be so many snack foods today, many carried by the Co-op, that tout themselves as “healthy” and do include healthy bits such as dried fruit and nuts and seeds. However, the sweeteners seem to be the major ingre- dient. I'm also amazed at the prevalence of these heavily sweetened snacks at Mt. Airy, and distressed to find so many in bulk bins, replacing healthier foods such as dates, raisins, currants, coconut flakes. (I realize there have been problems with dispensing these, and wonder what cre- ative solution is waiting to be found.) I consider these high-end junk foods. I'm wondering: What are the criteria used in buying snack foods?

**r:** (Norman) We're re-working product- selection criteria. We want to focus on stocking healthy and sustainably and eth- ically produced items that shoppers will find acceptable. Some of these criteria are relative; for example, you would expect cookies and cake to be high in sugar, but because they are “treat” foods we might be OK with sugar content that is high, whereas with a staple item, like bread or even cereal, maybe we wouldn't.

A quick look at the Sahale snacks shows they have varying amounts of sug-

(Continued on Next Page)

Grant Fox  
Contracting

  
Grant@GrantFox.biz

Custom Renovations • Fine Cabinetry  
Old House Renovations and Repairs  
Kitchens • Baths • Additions  
Over 25 Years of Experience  
Co-op Member

215-771-2713

John Sutton  
Masonry

■ Concrete Sidewalks  
■ Basement Walls  
■ Brick and Stone Repointed  
& Repaired  
■ Stucco  
■ Flagstone

Contact John for a free estimate:  
masonrytradesman@gmail.com  
215.510.6724

License #39705

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry  
Energy Conservation - Architectural Design Services  
HansellContractors.com

Office: 215-572-7141 Fax: 215-572-7149  
Lic.# PA022176 EPA Lead Certified

Pick up a  
Weavers Way  
sandwich  
loyalty card  
from the deli.

  
Buy 10 and the 11th is on  
the Co-op! See card for details.

St. Paul's Episcopal Church  
Chestnut Hill  
Rummage Sale



Thank You!

With your help, over \$44,000  
was raised to fight hunger and  
homelessness in our community.

Contact: 215-242-2055  
www.stpaulschestnuthill.org



Suggestions

(Continued from Preceding Page)

ar, in the range of 7-12 grams per 1-ounce serving, which is similar to some of the cereals we stock. From what I’ve found, healthy added sugar amounts should be kept under 25 grams per day for women and 36 for men, which of course depends on other things like metabolism, activity level, other health conditions, etc. The high number of sugar sources in the Sahale snacks looks like it’s because they are blends that include dried fruit, some of which have added sugar to start with. (Usually this is done to keep sugar levels consistent within a batch that may come from several sources.) It’s the total amount of sugar that should be measured, ideally with the natural sugar (e.g., in raisins) listed separately from the added sugar (e.g., added to dried cranberries). The FDA has new labeling rules that specify this, which might be adopted this year.

If you ate the whole bag of Sahale snacks, you’d likely be at your daily recommended sugar limit, so in that way the snacks are pretty high in sugar. Mitigating that is these snacks are sold as a convenience

— it’s not expected they would be part of a healthy daily food regimen. Also the nuts in them are pretty nutritious, as opposed to the relatively empty calories in a Pepperidge Farm cookie.

I’m not sure why you think the candy in the bulk bins has “replaced” the healthier dried fruit; if anything, since we expanded the bulk offerings in Mt. Airy, the dried fruit selection has increased. The candy is there for fun, and most of the items have better ingredients than candy you’d find in the supermarket aisle, including Fair Trade ingredients. Many have fairly healthy cores like nuts or dried fruit.

s: “Please try to stock yogurt with less sugar (no more than 5 grams) and no soy.”

r: (Heather MA) We will consider this when we bring in any new flavors. It is hard to find them so low without artificial sweeteners.

s: “Can you bring Alfredo sauce back? I used to buy it here, but I haven’t seen it in



a long time.”

r: (Heather MA) We have Alfredo sauce in packets next to the other pasta sauces.

s: “Can we carry Millet Rice Flakes cereal again? It was one of the few cereals with no refined sugar. I think it’s made by Nature’s Path.”

r: (Heather MA) The Nature’s Path Millet Rice Flakes were discontinued by the manufacturer.

s: “Folks, what happened to the gluten-free (soy-free) sprouted Cornillas? They were amazing and you have been out of them for, like, a month. Can you get any wheat-free/gluten-free corn tortillas?”

r: (Heather MA) We will continue to carry these with the other corn tortillas.

s: “As a practicing member of the Jewish faith, I’d like to feel a closer connection to my people by eating more of what was eaten during the 40 years wandering in the desert. I don’t think the matzo they ate came in a box with a bar code. I also have a few recipes that call for man-

na, which I’d like to buy from our farms since its best when gathered in the morning by the user.”

r: (Norman) We have high standards for customer service at Weavers Way, and we also want to support food diversity to the extent that it’s appropriate, so we’ve arranged for Rabbi Moishe Charry to arrange a daily morning-dew-timed delivery of manna to our farm at Saul, now available to CSA members as a U-pick crop.

s: “Could we get Yehuda gluten-free matzo-style squares — toasted onion, imported from Israel — wonderful and great for gluten-intolerant individuals.”

r: (Heather MA) We will have them upstairs in our gluten-free section. Thanks for the suggestion.

s: “Can we get gluten-free gluten for use in gluten-free baking of items that don’t come out right without gluten?”

r: (Norman) Sorry, but gluten-free gluten does not exist. You might join the CSA and see if you can get the manna to behave like gluten-free gluten. I’ve heard manna has lots of properties, and is pretty flexible taste-wise. Plus it’s GMO-free.

normanb@weaversway.coop

Proudly serving our local community since 1987

**Complete Roofing Services**  
**Residential & Commercial**  
**Prompt, Reliable, Quality Work**

**APPLE**  
ROOFING CO.

*The cold winter months are coming!  
Is your roof ready for ice and snow?  
NOW is the time to get your free roof inspection...*

*Remember... It all starts at the top!  
(and don't forget those pesty gutter cleanings too!)*

**Call 215-843-1970**  
**Email: AppleRoofing@verizon.net**

Please call us for your **FREE** Roof Inspection

*We serve Germantown, Chestnut Hill,  
Mt. Airy, and surrounding areas*

**www.AppleRoofingCo.com**

**MACINTOSH**  
CONSTRUCTION CO.  
A Complete Restoration  
Company

**www.MacIntoshConstruction.com**

**215-843-2090**  
MacintoshConstruction@verizon.net

Fully Insured  
PA License # PA018646

*The cold winter months are upon us and now is the time  
to begin thinking about brightening up your interior or  
investing in that great home project you have been  
putting off over the summer months.*

*Maybe give yourselves a Holiday Gift of a new kitchen or bath*

*Call us NOW for your FREE estimate*

**Kitchens - - Bathrooms - - Decks - - Windows - - Porches**  
**Doors - - Additions - - and more**

Proudly serving Chestnut Hill, Mt. Airy, Germantown  
and surrounding areas for over 20 years


**NWIR**  
Construction, Inc.

**Carpentry & General Contracting**  
**Custom work in older homes**

Free estimates - Local references  
We do repairs.

Please visit: NWIRconstruction.com  
**215-849-2003**  
office@NWIRconstruction.com

Lic# 23805 Fully Insured - Certificate Provided



**Caleb L. Schodt, General Contractor**

<ul style="list-style-type: none"><li>• Kitchen &amp; bath</li><li>• Additions &amp; decks</li><li>• Doors &amp; insulation</li><li>• Windows &amp; skylights</li><li>• Moulding, trim work built-ins &amp; closets</li></ul>	<ul style="list-style-type: none"><li>• Plaster, spackling, drywall &amp; painting</li><li>• Ceramic tile &amp; natural stone setting</li><li>• Porches/cornice/eaves</li><li>• Mansard/Tutor/soffits re-built &amp; preserved</li></ul>	<ul style="list-style-type: none"><li>• Finished basements</li><li>• All masonry work</li><li>• Architectural &amp; structural engineering services</li><li>• Building &amp; Zoning permits/violations</li></ul>
---	--	--

**BASEMENT PLUS CO.**

**...Plus We Waterproof**

- ☐ Get your basement dry and odor-free
- ☐ Repair old crumbling walls
- ☐ Sump pumps & French drains
- ☐ New windows, doors, locks and steps
- ☐ Clean, paint & seal pipes and flooring
- ☐ Eliminate molds and mildews



**...Plus We Renovate**

- ☐ Redesign your basement
- ☐ Drywall, drop ceilings, closets
- ☐ Pergo flooring, carpeting, ceramic tile
- ☐ New bathroom, shower, toilet & sink in one week
- ☐ We handle all plumbing & electrical in basement

**Show This Ad and SAVE \$100**

**www.basementplus.com**  
**215.233.4598**

Insured & Licensed Free Estimates





# November Member Specials

Valid from Nov. 5 - Dec. 2

For more member savings, visit [www.weaversway.coop](http://www.weaversway.coop)



ARROWHEAD MILLS  
Oat Flour 24 oz  
**\$3.39** REG \$3.89



INES ROSALES  
Sweet Olive Oil Tortas 6.34 oz  
**\$3.69** REG \$4.75



SUNSPIRE FOODS  
OG 42% Cacao Chocolate Chips 9 oz  
**\$4.69** REG \$5.95



WESTBRAE  
OG Yellow Corn 15.25 oz  
**\$1.99** REG \$2.45



LARS' OWN  
Crispy Onions 4 oz  
**\$2.39** REG \$2.95



WELEDA  
Skin Food 2.5 oz  
**\$13.99** REG \$14.25



HEALTH VALLEY  
Cream of Mushroom Soup 14.5 oz  
**\$2.15** REG \$2.95



SIMPLY ORGANIC  
OG Brown Vegetarian Gravy 1 oz  
**\$1.19** REG \$1.45



BADGER  
SPF 30 Sunscreen - assorted varieties 2.9 fl oz  
**\$11.99** REG \$12.69

## It Requires Lots of Energy to Cooperate

Learn how you can save \$ on your solar-energy bill with group buying power.

**Saturday, November 8, 10 a.m.**

### SOLAR ENERGY WORKSHOP

Community Room, 555 Carpenter Lane

RSVP to [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

## COMPLETE MASONRY SERVICE

### Flagstone, Brick & Stone Pointing

#### JAMES G. CARDAMONE

- Concrete Work
- Basement Wall Plastering & Waterproofing

- Chimney Repairs
- Walkways & Patios
- Retaining Walls

- Stucco
- Glass Block Windows
- Ceramic Tile

[www.jgcardamonemasonry.com](http://www.jgcardamonemasonry.com)

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401 All Calls Returned **215-887-9323** GLENSIDE

## CONCRETE -N- COUNTERS

Custom fabricated concrete counter tops for kitchens, bathrooms and more...

A unique alternative to granite, marble and soapstone with an array of design possibilities: Color, form, texture, inlays, exposed aggregates, integrated custom molded sink basins. For complete remodels or replacing counters on existing cabinets. All work done off site.

Morgan Miller 215-681-6281 [concretencounters1@gmail.com](mailto:concretencounters1@gmail.com)

### FUNCTIONAL ART FOR THE HOUSEHOLD

## River Rock Masonry

- Brick and Stone Pointing
- Color Matching and Texturing
- Crack and Structural Repair
- Brick, Block, and Stone Construction

- Concrete, Flagstone, and Pavers
- Patios, Pavements, and Steps
- Garden Hardscape, Retaining Walls
- Free Estimates, Fully Insured

**(215) 260-4603**

[www.riverrockmasonry.com](http://www.riverrockmasonry.com)



# NOVEMBER

## CALENDAR OF EVENTS

**ALL MONTH LONG**

**VISIT OUR FARMSTANDS:** **Saul High School**, 7095 Henry Ave., Tuesdays 2-7 p.m. & Fridays 2-6 p.m., and **Headhouse Square**, 2nd and Lombard streets, Sundays 10 a.m.-2 p.m.

**CHESS CLUB**, 7 p.m. Mondays, 555 Carpenter Lane. Players of all levels welcome.

**Sunday, November 2 10 a.m.**  
**Weavers Way Farmstand at Germantown Jewish Centre**  
We're helping GJC celebrate sustainability with local foods. 400 W. Ellet St. Info: Elana Shaw, [program@germantownjewishcentre.org](mailto:program@germantownjewishcentre.org) or 215-844-1507.

**Wednesday, November 5 7:30 p.m.**  
**Weavers Way Environment Committee Meeting**  
Be an environmental superhero! See what this longstanding committee is up to to make the world a greener place. Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). Info: [environment@weaversway.coop](mailto:environment@weaversway.coop) or 215-843-2350, ext. 118.

**Thursday, November 6 Doors open at 6:30 p.m.**  
**Documentary Screening: "Fed Up"**  
Is everything we've been told about food and exercise wrong? Join us for "Fed Up" ([www.fedupmovie.com](http://www.fedupmovie.com)), the third in the Weavers Way-sponsored "Food for Thought" film series at Philadelphia University. Free for Co-op members, students and staff. Gutman Library Theatre, on the campus at Schoolhouse Lane and Henry Avenue. Info and to RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350 ext. 118. Dec. 4: "Growing Cities" ([www.growingcitiesmovie.com](http://www.growingcitiesmovie.com)).

**Saturday, November 8 10 a.m.**  
**Solar Energy Workshop**  
A free presentation followed by Q & A focusing on how residents can access solar energy for their homes cooperatively and affordably. Sponsored by the Sustainable Business Network of Philadelphia ([www.sbnphiladelphia.org](http://www.sbnphiladelphia.org)). Community Room, 555 Carpenter Lane (adjacent to the Mt. Airy store). RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

**Tuesday, November 11 7 p.m.**  
**Weavers Way Board of Directors Meeting**  
All are welcome. Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 119.

**Wednesday, November 12 6:30 p.m.**  
**Welcome Meeting for New Members**  
Prospective and vintage members alike are welcome. Meet, greet and learn about your Co-op, plus receive two work credits for attending! Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane. RSVP: [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

**Thursday, November 13 7 p.m.**  
**Eating with Body in Mind: TEAS, HERBS & SAUCES**  
We saved the best for last! Wrap the Eating with Body in Mind 2014 series by finding out how to use common herbs to sustain health through the winter. Learn to brew tasty and powerful teas, broths and sauces for immunity and more. Summit Church, Greene and Westview. RSVP with your member number to [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or 215-843-2350, ext. 118.

**Thursday, November 20**  
**Deadline for Thanksgiving Prepared Foods Orders!**  
Today is the last chance to place your order for Thanksgiving prepared foods from the Weavers Way kitchen. Let us take some of the work off your plate so you can enjoy your dinner. Place your order online at [www.weaversway.coop](http://www.weaversway.coop) — and don't forget to choose your pickup location!

**Tuesday, November 25 4-8 p.m.**  
**Wednesday, November 26 Noon-4 p.m.**  
**MANNA Pie in the Sky Pickup — Buy a Pie & Feed a Family**  
Check two things off your list: Thanksgiving dessert and helping those affected by life-threatening illnesses. Both Weavers Way stores are pickup locations this year. To order, visit [www.mannapies.org](http://www.mannapies.org). For more info about MANNA, visit [www.mannapa.org](http://www.mannapa.org).

**Thursday, November 26**  
**HAPPY THANKSGIVING!**  
The Co-op is closed today, but we'll be open Friday, November 27!

For more information, email [outreach@weaversway.coop](mailto:outreach@weaversway.coop) or call 215-843-2350, ext 118.



# Comp Shop Snapshot

The Fresh Market is coming and we have been doing our homework with a visit to their nearest location in Horsham. Along with higher prices, you won't find nearly as many local and sustainably produced items there as you do at the Co-op. Not to mention that Weavers Way has been a community-focused member-owned institution for over 40 years!

	The Fresh Market	Weavers Way Co-op
<b>BULK</b>		
Almonds, raw	\$8.99/lb	\$8.49/lb
Mixed nuts	\$11.99/lb	\$9.09/lb
Pecan halves	\$14.99/lb	\$11.85/lb
Pistachios	\$10.99/lb	\$9.35/lb
<b>FROZEN</b>		
Amy's Rice & Bean Burrito	\$2.99	\$2.69
Amy's Cheese Pizza	\$7.99	\$6.99
Talenti Gelato e Sorbetto Dark		
Chocolate Gelato 16 fl.oz	\$5.99	\$5.35
Van's Seven Grain Belgian Waffles	\$3.99	\$3.25
<b>GROCERY</b>		
Bragg Raw Unfiltered Organic Apple		
Cider Vinegar 16 oz	\$3.99	\$3.69
Cascadian Org. Raisin Bran Cereal 12 oz	\$4.99	\$4.95
Green Mountain Medium Salsa 16 oz	\$5.00	\$4.75
Muir Glen Whole Peeled Tomatoes 14.5 oz	\$2.39	\$2.09
Nature's Path Optimum Power Cereal 14 oz	\$4.99	\$4.99
Stacy's Naked Pita Chips 8 oz	\$3.49	\$2.99
Vita Coco Coconut Water 16.9 fl. oz	\$2.99	\$2.49
Zevia Natural Diet Cola, 12 oz 6pk	\$5.99	\$5.79

\*Prices as of Nov. 2014. Prices subject to change, but we'll do our best to stick to them!

## It Starts with a Hole in the Ground

Construction has begun on the new development in Chestnut Hill, at Germantown Avenue and Hartwell Lane, where Fresh Market is slated to open next year.



★★ Baking all-natural ★★  
treats with extraordinary  
ingredients and a dash of  
★★ whimsy for 30 years. ★★



Remember to place your holiday order by Friday, Nov 21st!

Mon-Fri 7am-7pm, Sat 8am-6pm, Sun 8am-4pm  
7725 Germantown Ave ★ 215.248.9235 ★ NightKitchenBakery.com

## Coffee of the Month

**BULK BEANS**  
**All Organic Bulk Coffee**  
except decaf and espresso

**SALE \$9.99/lb.**  
reg. \$11.19-\$14.99/lb.



Nov. 5 - Dec. 2

## AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Free Beer Tastings Every Sat 3-5 PM

Craft Beers  
Belgians  
Imports  
Ciders  
Lambics  
Organics  
Sorghums  
Gluten-Free

**BREWERS OUTLET**  
CHESTNUT HILL  
MT. AIRY

One-Stop Shopping For All Your Beverage Needs

Sport Drinks  
Seltzers  
Juices  
Teas  
Water  
Sodas  
Organics  
Ginger Beers

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver  
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com

## Superbowl Sundays

IN THE MEAT DEPARTMENT AT THE CO-OP



**\$5 off a \$25**  
**purchase of wings or beef**  
in the CH Meat Department every Sunday  
through the Superbowl (Feb. 1, 2015).

One per customer per week.  
Clip here

SELECTED  
**LOCAL APPLES**  
**99¢**  
/lb.



**WORKING MEMBER PRICE**  
**94¢**  
/lb.

## WEDNESDAYS & THURSDAYS DURING APPLE SEASON

Three Springs Fruit Farm & Beechwood Orchards, Adams County, PA



# The Bad News About Nestlé

by Joan Martini, for the Shuttle

THE ORIGINAL NESTLÉ BOYCOTT WAS launched in 1977, following publicity around a trial in which Nestlé sued a publisher for libel, because of a booklet whose German title translates into English as “Nestlé Kills Babies.”

The booklet, originally published in English under the title “The Baby Killer,” exposed Nestlé’s aggressive marketing of infant formula in developing countries.

The use of infant formula among poor populations can be problematic for a number of reasons. First, breast milk provides babies nutrients and antibodies that protect against infection; these properties cannot be replicated in formula. Also, powdered formula, which is the type marketed in developing countries, requires sanitary conditions that often are not available. Further, the poor may use less powder to make it go further, consequently putting infants at risk of malnutrition.

The libel trial went on for two years, and although Nestlé won, the publisher received only token fines and Nestlé was warned to change its practices. The resulting boycott helped bring about the International Code of Marketing for Breast-milk Substitutes, which was adopted by the World Health Assembly in 1981.

In 1984, Nestlé agreed to follow the code and the boycott was suspended. However, it was reinstated in 1989 when it became clear that Nestlé was failing to follow the agreed-upon standards. Twenty countries joined in a relaunch of the boycott, which has continued to this day.

The United States had never signed the code and did not join the relaunched boycott.

The International Baby Food Action Network ([www.ibfan.org](http://www.ibfan.org)) and its International Code Documentation Centre continue to monitor code violations, which are compiled in their publication, “Breaking the Rules 2014.” Although 27 companies around the world are cited in this report, Nestlé is one of the two global leaders in infant nutrition that is a repeat violator. The other is Danone, parent company of Dannon and also owner of Evian brands.

Nestlé practices seem especially egregious in light of its own Infant Formula Policy, which says in part: “We adhere to all national government measures implementing the WHO Code globally . . . and voluntarily and unilaterally apply the WHO Code whether or not national regulations exist.”

Nestlé’s bottled water division was less significant when the original boycott was launched, but today Nestlé is the biggest seller of bottled water in the United States. According to a 2010 Beverage Market Corp. report cited by Food and Water Watch, Nestlé sells about one and a half times as much bottled water as Coca Cola and Pepsi combined. Nestlé water brands at Weavers Way include Poland Springs, Perrier and Pure Life.

Food and Water Watch reports on Nestlé’s bottled water marketing practices in its “Take Back the Tap” site ([www.foodandwaterwatch.org/water/take-back-the-tap](http://www.foodandwaterwatch.org/water/take-back-the-tap)). One technique involves targeting people in emerging markets as well as U.S. minorities. A survey in the Journal of the American Medical Association found that African-American and Latino parents with limited resources are more likely than non-Latino white parents to spend money on bottled water. It



**weavers way**coop

## Food Justice Committee

This is the first of a regular Shuttle column by the Food Justice Committee.

is a tribute to marketing that many Americans buy into the myth that bottled water is purer, healthier and better-tasting than tap water. In fact, the federal government requires more rigorous monitoring of municipal tap water than bottled water — and 45 percent of bottled water is merely municipal tap water.

Poland Springs is a major Nestlé brand; its water comes from multiple sources throughout the Northeast, particularly Maine and Massachusetts.

A June 2003 class-action suit charged that some of the Poland Springs “spring water” was simply treated ground water, some from a site located below an illegal disposal site where human sewage was used as fertilizer for many years. That suit was settled, with Nestlé not admitting to any of the allegations but agreeing to pay \$10 million in charity donations and discounts over a five-year period.

Then there’s chocolate. Many of the older generation first became acquainted with Nestlé through chocolate drinks and candy bars. They could all sing the jingle: “N-E-S-T-L-E-S, Nestlé’s makes the very best . . . chocolate.”

Although many other brands of chocolate are now available, including many that adhere to fair trade principles, Nestlé’s candy remains a Halloween standby.

**Nestlé’s bottled water division was less significant when the original boycott was launched, but today Nestlé is the biggest seller of bottled water in the United States.**

Most Nestlé chocolate comes from West Africa, where cocoa farmers live below subsistence level and where child slavery on cacao plantations is a persistent problem. In 2001, Nestlé and other major chocolate producers signed an agreement to ensure chocolate production without slave labor by July 1, 2005. In 2005, however, Global Exchange and the International Labor Rights Forum said the companies were failing to live up to this agreement. Attempts to bring these cases to court have not yet been successful.

Nestlé has been described as the most boycotted corporation on the planet. This year, International Nestlé Free Week, Oct. 27 to Nov. 2, was organized as a reminder to the world that the Nestlé boycott never ended, because the company never changed its ways.

The film “Tigers,” which premiered at the September 2014 Toronto Film Festival, dramatizes an awakening of conscience by a Nestlé baby milk salesman in Pakistan. (Read more about the movie at [www.babymilkaction.org/tigers](http://www.babymilkaction.org/tigers).) If widely circulated, the film can help a new generation understand the importance of the boycott in the 21st century.

*Reach Weavers Way member Joan Martini at [joanmmartini@aol.com](mailto:joanmmartini@aol.com).*

If you’re thinking about sausage stuffing, or something special for breakfast for your out-of-town guests, we’ll be running a special on Stryker Farm sausage Nov. 1-14 — \$6.99 a pound (regularly \$7.55). Stick some in the freezer!



## Stryker Farm

(Continued from Page 3)

goats, Thevenet turned to the Internet, other educational resources and trial and error to learn how to raise livestock naturally.

The 200 pigs he now owns have the run of 8 acres on the property, where they eat acorns and weeds for most of the day, and come into the large open barn for additional feed. (The 30 or so goats are on another 8 acres.) Wyerbacher contributes

spent grain from their Easton, PA, brewery. It’s an old-school barter — Thevenet provides a pig for the company picnic each year. The grain, plus non-GMO commercial pig feed containing soy and minerals, supplement the pigs’ diet, along with seasonal additions, like the truckload of pumpkins the pigs were munching on a recent visit.

Stryker Farm is a “farrow to finish” operation, meaning Thevenet both breeds hogs and raises them for market. Heritage pigs feeding primarily on forage grow more slowly but develop sweeter meat and more flavorful fat. Conventionally raised pigs get a grain-heavy diet to force them to put on weight more quickly, and their meat is fattier but less flavorful. Thevenet raises his slaughter pigs to about eight months and 250-300 pounds. (The actual slaughter and processing is done by a commercial butcher in Bucks County.)

Weavers Way currently carries Stryker Farm’s pork chops, pork belly, spare ribs, ground pork, pulled pork, scrapple, a variety of sausages and even a little ground goat meat. Availability will differ between stores, so check with the meat department if you want something in particular.

You can be sure it will be both tasty and raised with the utmost care by Nolan Thevenet.

[skane@weaversway.coop](mailto:skane@weaversway.coop)



Nolan Thevenet raises goats for meat too; feeder pigs are curious; a truckload of pumpkins is the perfect lunch for a couple hundred pigs.





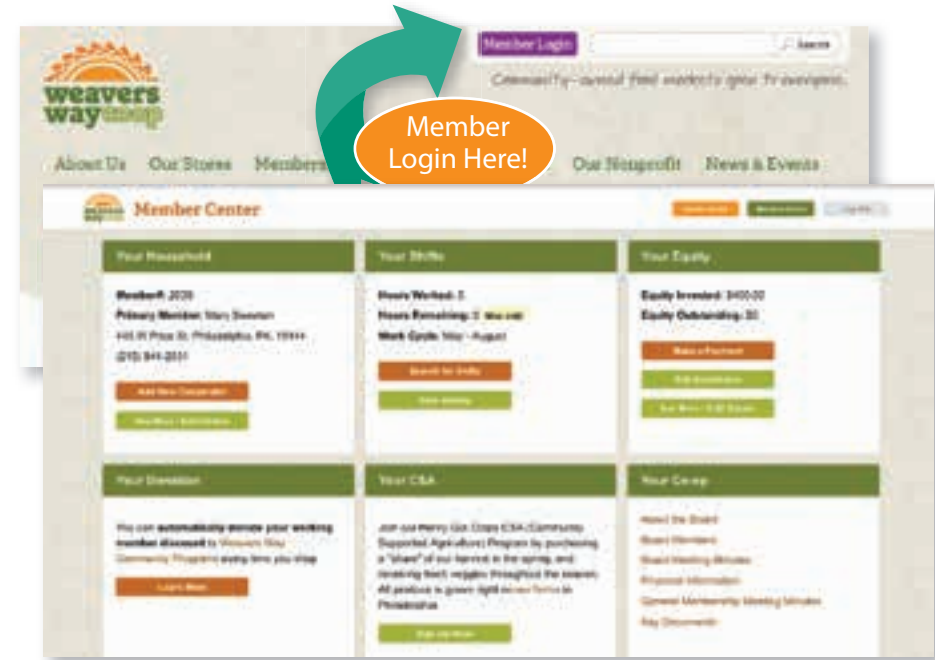
Membership Corner

# New Member Center: Try It, You'll Like It

by Kirsten Bernal, Weavers Way Membership Coordinator

If you've been looking to sign up for work hours, you may already be aware of our latest improvement. Our Online Member Center has undergone a makeover! Just last month, we rolled out a fantastic new site.

It was not so long ago that the Membership Department made the huge leap from paper cooperator calendars and file drawers brimming with member cards plastered with foil stars to our custom-designed member website. That was real progress — members were able to log on and view their equity, make equity payments, manage their personal information and sign up for work hours. Over on the Admin side, I could easily add new members, monitor your work hours and ensure



Panes guide you to different areas where you can do your thing. Can't remember your password? The login screen makes it easy to retrieve. Visit [www.weaversway.coop](http://www.weaversway.coop) and click Member Login.

I must extend a very big thank you to Webmaster Malcolm McAtee for his hard work and commitment but especially for his patience. He was very tolerant of my rambling explanations of processes, pre-occupation with the need for color and aversion to the back button. Thanks Malcolm! I love our fancy new site!

If you have not visited the Online Member Center recently, please check it out. I am eager to hear your feedback and learn how the site is working for you.

My favorite aspect of our Member Center is the work signup function. Signing up for hours has never been easier. If it's your work cycle, sign up today! If you have not been a working member in a while or have never worked a shift, check it out! Six hours per adult per year still gets you 5 percent off of all Co-op purchases. Working membership is engaging and can be quite satisfying. Give it a try!

*kirsten@weaversway.coop*

## Controller

(Continued from Page 1)

years, and I've liked what I've seen. They made some great changes."

Pontone knew only one staffer personally — former Across the Way manager Martha Fuller — but she would read each month's Shuttle cover to cover. That is how she learned of the dismissal of Chief Financial Officer Michael McGeary in April 2014 amid questionable credit-card transactions. "And having seen what happened a few years before, I thought, 'This is not good for the Co-op.' And then I thought, 'Gee, I have the skills for this job.'"

After what she describes as a lengthy interviewing process, Pontone started on Sept. 22.

Her earlier work in for-profit accounting is relevant. "I'm stepping back. [Weavers Way] is a cooperative association, but it's still under for-profit guidelines. You have to file an income-tax return. But there are things particular to cooperatives that I'm having to learn. They're unique."

Despite taking over the job in the wake of wrongdoing by her predecessor, Pontone is pleased by the accounting and auditing practices already in place at Weavers Way. "I'm happy to see that there are a lot of good procedures in the accounting group here," she said. "I think [the problem with the last CFO] was an aberration."

"There's always risk, but they have good procedures. I'm going to be reviewing those, but there are a lot of good things in place already."

Pontone admits that even the best controls can't fully safeguard against theft. The answer, she says, is vigilance: "Good



Nancy Pontone is settling into her new digs at the business office above Across the Way.

internal controls, and not letting up. You need to be reviewing everyone's credit-card statement every month, for instance.

"It's in the detail. You need to be constantly observing what's going on."

For the moment, Pontone is focused on settling in to her new job and getting to know other members of the staff and their work. Amid talk of further expansion, as well as new competition in Chestnut Hill, Pontone believes it's an exciting time to be at Weavers Way.

"It's good to be planning and thinking ahead about how to remain viable, how to grow and serve the local community and wherever else we may decide to open up. So the future looks good."

*Nancy Pontone's email address is [npontone@weaversway.coop](mailto:npontone@weaversway.coop); her office number is 215-843-2350, ext. 116.*

## Leadership

(Continued from Page 1)

month, 11 months of the year).

- Able to attend at least one Board meeting prior to running (November, December, January and/or February). Board meeting dates are published in the Shuttle and on the front page of the website, [www.weaversway.coop](http://www.weaversway.coop).
- Able to meet in person with members of the Board Leadership Committee prior to submitting an official ballot application near the end of February 2015.

It's also very important that Board members make the time commitment necessary to be effective (6+ hours a month, more for officers and committee chairs), are willing to participate in educational offerings, including those that include travel, and understand what constitutes a conflict of interest, honestly reveal any and be willing to step aside if the conflict is considered significant.

So . . . are you interested? You can find more information about the process of becoming a candidate for the Board by going to the Weavers Way website. Or, if you still have questions, feel free to contact me at [lauramsiena@gmail.com](mailto:lauramsiena@gmail.com).

*Laura Morris Siena is a member of Weavers Way's Board and Chair of the Leadership Committee.*

*For info on running for the Weavers Way Board, visit [www.weaversway.coop/2015-board-elections](http://www.weaversway.coop/2015-board-elections).*

## GMM Sneak Peak

The fall General Membership Meeting took place Sunday, Oct. 26, too late to get into the paper, although not too late for intrepid Shuttle photographer Dennis Brookshire to get some shots of the gathering at First United Methodist Church of Germantown. Read all about it in the December Shuttle.





Staff Celebrity Spotlight: Keith Kelleher

A Part-time Disc Jockey Tuned in to the Co-op Vibe

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

TWICE A WEEK, KEITH KELLEHER, A 10-YEAR VETERAN OF THE WEAVERS Way grocery staff, spends several hours in a padded room talking to himself. And he wouldn't have it any other way.

Keith's work week is devoted to sliding boxes down the delivery chute at Mt. Airy and restocking shelves. But away from the store, he's a disc jockey at two radio stations — WXPN-FM at the University of Pennsylvania and WDIY-FM in the Lehigh Valley. His love of radio goes back to his years growing up in Bethlehem.

"I remember calling a radio station when I was young — 6 and 7 years old — and requesting these songs that were on the album but not the singles, and I wondered why they never would play them," he recalled. "I said I always wanted to be a DJ. That's the first thing I ever wanted to do."

After graduating from Bethlehem Catholic High in 1982, Keith studied radio, TV and film at Northampton County Community College and then at Temple. At that point, he was aiming to become a cinematographer, although he worked an overnight shift at WRTI-FM one semester. He didn't graduate, but he picked up enough knowledge to start doing utility work for ESPN. He traveled all over the East Coast, helping cover golf tournaments and stock-car races. He later worked in film as a production assistant and provided food service on such films as "The In Crowd" and "Dead Poets Society."

In 2003, Keith took a break from the movie business. He moved to Sudbury, Mass. and for a year and a half, became a "manny" to a 6-year-old, a set of 4-year-old twins and a 2-year-old. Then he returned to area, needed work and heard about Weavers Way from a friend. "I kinda knew about it . . . I had been here a few times," he said. "I liked the stressless atmosphere and the friendly people . . . the whole village thing here."

He found out about WDIY while working as a phone volunteer for WXPN.

"I got a call from this gentleman, Mike Space," he recalled. "He said, 'I'm calling from WDIY in Allentown.' And he said it was the Lehigh Valley NPR station. I was like, since when?"

He took a tour of the station, submitted an air check and began filling in on the



WDIY-FM photo

Keith at the board in Bethlehem, PA: "I like selling good products that aren't junk."

air. Over time, he developed his own show, "The Blend," which airs Tuesday afternoons and features a mix of adult acoustic alternative music.

In the spring of 2013, Keith heard that Keith Brand, a longtime host of "Sleepy Hollow," the mix of quiet music on 'XPN that airs on weekend mornings, was retiring. Once again, he believes he was inspired by Mike Space — or rather, by his spirit.

"I was in touch sporadically about [the opening] and then, unfortunately . . . Mike Space passed away," he said. "And within 24 hours of him passing away, [XPN] put a post up on their website . . . I just had this feeling like, this is it, that I have to try out for this." He's on 6-8 a.m. Sundays, prime time in "Sleepy Hollow" terms.

Keith, who turns 50 next month, doesn't have a favorite Weavers Way product right now, but that might change if the Co-op ever starts selling beer.

In addition to the laid-back vibe, he takes pride in what he puts on the shelves.

"I like selling good products that aren't junk," he said. "Some semblance of giving people quality in what they're eating — and that they think about where they're getting the products from."

kplourde@weaversway.coop

## What's What & Who's Who at Weavers Way

### The Shuttle

**Editor**  
Mary Sweeten, 215-843-2350, ext. 135  
editor@weaversway.coop

**Art Director**  
Annette Aloe, 215-843-2350, ext. 130  
annette@weaversway.coop

**Advertising Billing**  
Virginia Herbaugh, 215-843-2350, ext. 117  
advertising@weaversway.coop

**Proofreaders for this issue:** Laura Flandreau, Ken Ford, Barbara Jaffe, Nancy Morris, Michelle Quirk, Kara Tennis.

**Contributors for this issue:** Glenn Bergman, Kirsten Bernal, Tema Esberg, Alex Evenson, Margie Felton, Jill Fink, Lynn Hoffman, Stephanie Kane, Doris Kessler, Ron Kushner, Kezia Lechner, Marsha Low, Sarit Luban, Jean Mackenzie, Brenda Malinics, Joan Martini, Karen Plourde, Laura Morris Siena, Eric Sternfels, Betsy Deutsch, Rebecca Torpie, Norman Weiss.

### Mt. Airy

**Monday-Sunday, 8 a.m.-8 p.m.**  
559 Carpenter Lane, 215-843-2350

### Chestnut Hill

**Monday-Saturday, 7 a.m.-8 p.m.**  
**Sunday, 9 a.m.-8 p.m.**  
8424 Germantown Ave., 215-866-9150

### Across the Way

**Monday-Sunday, 8 a.m.-8 p.m.**  
610 Carpenter Lane, 215-843-2350, ext. 276

### Next Door

**Monday-Sunday, 9 a.m.-8 p.m.**  
8426 Germantown Ave., 215-866-9150

[www.weaversway.coop](http://www.weaversway.coop)  
[contact@weaversway.coop](mailto:contact@weaversway.coop)

**Follow us!**

### Weavers Way Managers/Department Heads

**Mt. Airy main number:** 215-843-2350    **Chestnut Hill main number:** 215-866-9150

<p><b>General Manager</b> Glenn Bergman, ext. 131 215-913-9437 (cell) gbergman@weaversway.coop</p> <p><b>Purchasing Manager</b> Norman Weiss, ext. 133 normanb@weaversway.coop</p> <p><b>Controller</b> Nancy Pontone, ext. 116 npontone@weaversway.coop</p> <p><b>Marketing Director</b> Rebecca Torpie, ext. 121 rtorpie@weaversway.coop</p> <p><b>Finance Manager</b> Susan Beetle, ext. 110 sbeetle@weaversway.coop</p> <p><b>Human Resources Manager</b> Jon Roesser, ext. 132 hr@weaversway.coop</p> <p><b>Membership Manager</b> Kirsten Bernal, ext. 119 member@weaversway.coop</p> <p><b>Outreach Coordinator</b> Bettina de Caumette, ext. 118 outreach@weaversway.coop</p>	<p><b>Executive Chef</b> Bonnie Shuman, ext. 218 bonnie@weaversway.coop</p> <p><b>Mt. Airy Store Manager</b> Rick Spalek, ext. 101 rick@weaversway.coop</p> <p><b>Chestnut Hill Store Manager</b> Dean Stefano, ext. 212 dstefano@weaversway.coop</p> <p><b>Across the Way Manager</b> Lisa Whitlock, ext. 114 lwhitlock@weaversway.coop</p> <p><b>Next Door Manager</b> Amira Shell, ext. 220 ashell@weaversway.coop</p> <p><b>Pet Products Manager</b> Anton Goldschneider, ext. 276 petstore@weaversway.coop</p> <p><b>Farm Manager</b> Nina Berryman, ext. 325 nberryman@weaversway.coop</p> <p><b>Floral Buyer</b> Ginger Arthur, ext. 317 floral@weaversway.coop</p>
---	--

### Weavers Way Community Programs

**Executive Director**  
Jill Fink  
215-843-2350, ext. 319  
jill@weaversway.coop

**Director of Programs**  
Alison Hirsch  
215-843-2350, ext. 312  
alison@weaversway.coop

**Farm Education Coordinator**  
Shelley Hedlund  
215-843-2350, ext. 321  
educator@weaversway.coop  
[www.weaversway.coop/wwcp](http://www.weaversway.coop/wwcp)

### weavers way coop

**Wifi Hotspot**  
Connect to the network WW\_PUBLIC  
Use the password weaversway

### Advertise in the Shuttle

[advertising@weaversway.coop](mailto:advertising@weaversway.coop)

### Weavers Way Welcome Meetings

**Attend a Weavers Way Welcome Meeting, Get 2 Hours Work Credit!**

Meetings start at 6:30 p.m., in Mt. Airy at 555 Carpenter Lane or in Chestnut Hill at various locations. Current members who host get work credit! For info and to RSVP:

**outreach@weaversway.coop or 215-843-2350, ext. 118.**

**NEXT MEETINGS**

**Wednesday, Nov. 12,** Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane.  
**Wednesday, Dec. 10,** Weavers Way Community Room, 555 Carpenter Lane.  
**Wednesday, Jan. 14, 2015,** location TBA.





# mpany's coming

## fresh • local • natural

These items will be available in both stores while supplies last. Order ahead to be sure!

Mashed potatoes . . . . .	\$7.99/lb.
Mashed sweet potatoes . . . . .	\$7.99/lb.
Green beans almondine . . . . .	\$12.99/lb.
Honey-mustard glazed Brussels sprouts . . . . .	\$10.99/lb.
Wild rice with toasted pecans and dried cherries . . . . .	\$10.99/lb.
Fresh cranberry and pear relish . . . . .	\$10.99/lb.
Gingered pumpkin soup . . . . .	\$8.99/qt.
Turkey gravy . . . . .	\$8.99/qt.
Pilgrim's rice salad with pine nuts and dried fruit . . . . .	\$9.99/lb.
Green olive and toasted pine nut tapenade . . . . .	\$9.50/lb.
Marinated mushroom and fresh fennel salad . . . . .	\$8.99/lb.
Fresh oyster bisque . . . . .	\$9.99/qt.*
Herb-roasted boneless turkey breast — fully cooked and seasoned . . . . .	\$14.99/lb.*
<i>(minimum order: whole turkey breast)</i>	
Trio of roasted squash — delicata, butternut and kabocha . . . . .	\$10.99/lb.
Apple sage stuffing . . . . .	\$10.99/lb.

\*Available as made to order.



Weavers Way Chestnut Hill  
8424 Germantown Ave.  
**215.866.9150 ext. 209**

Weavers Way Mt. Airy  
559 Carpenter Lane  
**215.843.2350 ext. 102**

[www.weaversway.coop](http://www.weaversway.coop)

### My House Pies

Available for holiday order at Mt. Airy and Chestnut Hill. A limited number of pies will also be for sale in the stores.



**\$7.99** 6 inch    **\$15.99** 10 inch

Pumpkin, Apple (Double Crust, Crumb or Pear Cranberry), Sweet Potato, Mixed Berry, Peanut Butter, Coconut, Pecan, Chocolate Pecan

**My House order deadline is Wednesday, Nov. 19.**

### Turkeys! Turkeys! Turkeys!



We will once again have fresh, local turkeys from Esbshade's, local Heirloom Bronze turkeys from Koch's, as well as Empire Kosher turkeys available for holiday order.

**SIZE RANGES ARE APPROXIMATE.**

**Esbshade \$2.55/lb.**

*Only \$2.43/lb. for working members!*

Sizes in lbs.: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

**Koch's Heirloom Bronze \$3.49/lb.**  
(10-14 lbs.)

**Empire Kosher \$3.99/lb.**  
(10-14 lbs.)

Choose your pickup location and the type and size of turkey you want. Quantities are limited; the website will be updated as sizes run out. If you don't have access to a computer, come on in and we'll be glad to help you!

**For boneless, all-natural local turkey breasts (5-7 lbs.) and spiral-cut hams, please order through the Meat Department.**

### PLACING YOUR ORDER IS EASY!

Visit [www.weaversway.coop](http://www.weaversway.coop)

**Or stop by the stores. Be sure to choose your pickup location!**

We prefer one week's notice on holiday orders, but we will do our best to accommodate you!

**Pick up on Tuesday or Wednesday,  
Nov. 25 or 26**



# thanksgiving menu

